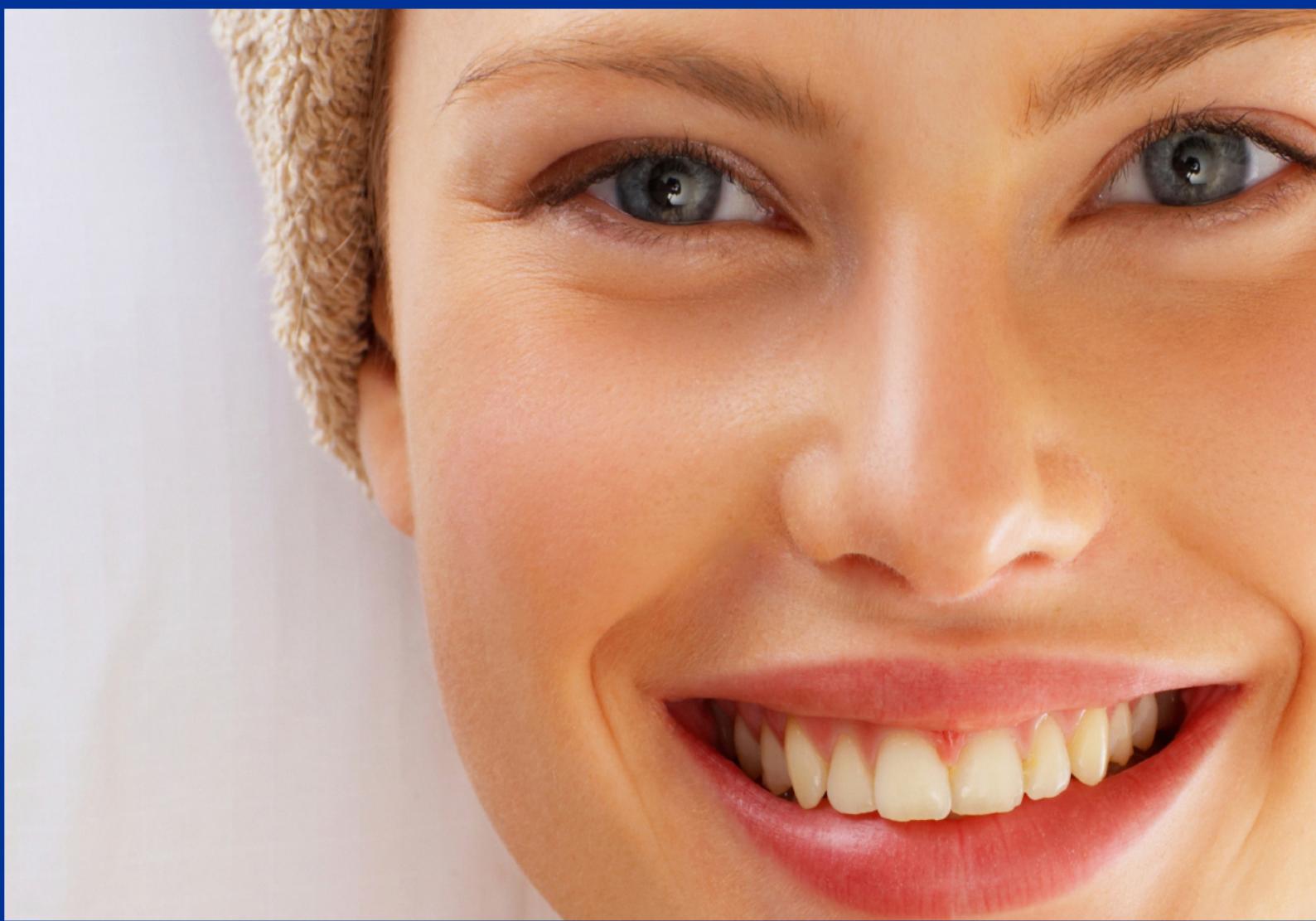


Acne No More™

*The Secrets To Curing
Your **Acne** Holistically*



**A Unique Step By Step Holistic Acne
System Guaranteed To Eliminate
Your Acne From The Inside Out
Giving You Lasting Clear Skin**

Acne No More™

**Unique step-by-step acne system guaranteed to
eliminate your acne from the inside out, giving you
lasting clear skin**

By Mike Walden

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**Dedicated To My Wife Lauren,
To You And All Acne Sufferers Who
Take Their Fate Into Their Own Hands
& To Elisha Levi “The Man On The Hill”**

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Chapter 1—Introduction

Welcome

Hello, fellow acne sufferer, and welcome to the life-changing system that will permanently cure your acne and give you the lasting acne-free skin you deserve—the Acne No More™ System.

No matter how your acne condition manifests itself, the methods contained within the Acne No More™ System are the only practical answer. These methods are the only way that you will completely rid yourself of all types of acne, in all levels of severity, in the same way that many other people have.

I just want to assure you that you made the right decision when you ordered the Acne No More™ System package. Regardless of what dermatologists or other western medicine followers may have told you, acne can be cured, naturally and permanently. Yes, you can do it!

My only goal in writing this book was to help you reach your goal—to eliminate your acne permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your acne, then this book is a success with or without the accolades.

By following the Acne No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is stopped. Now is the time to exercise your natural right and open the door to an acne-free life.

Ten Facts About The Acne No More™ System

Before we get into the heart of the program where I reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful acne system ever developed.

1. Acne No More™ provides you with a tested step-by-step plan to success.

It is a fact that no other acne system will provide you with the exact steps you need to follow in order to be acne free. Most acne programs will merely give you vague guidelines as to what needs to be done. With the Acne No More™ System you get all the specifics. You are told exactly what to do, exactly how to do it, exactly when to do it and why.

2. Acne No More™ was written by a real acne sufferer.

This program was not written by some science geek who never had acne in his life. Instead, it was written with the blood and sweat of a real person who suffered from the disease for more than 13 years and is the result of thousands of dollars spent on trial and error and 4 years of extensive research.

3. Acne No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of acne sufferers, including the author himself, have already cured themselves completely using the same principles contained in this program.

4. Acne No More™ is truthful and unbiased.

I have devoted the last 7 years of my life to helping acne sufferers win the war against deceptive advertising, false claims and other marketing scams in the acne industry. The Acne No More™ program is straightforward, providing you with the facts of how to eliminate acne, with honesty and integrity. I have never been involved with any skin care, beauty or supplement magazine, and I will never try to sell you an “all natural” acne cure package.

5. Acne No More™ is not just about cosmetic improvement; it is about your health and inner balance.

Clearing acne from the root can never be achieved as long as your body is in a state of imbalance. Acne is not a cosmetic problem, no matter what your doctor tells you. It is not about clearing the skin. It is about taking responsibility over your body and about restoring it back into a state of balance where *no* disease can exist, not only acne.

6. Acne No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program and plans to rebuild your organs of elimination, dietary, mental and lifestyle, and offers plans aimed at regulating your hormonal activity and unique skin care protocols. In short, it is the perfect holistic acne solution.

7. Acne No More™ does not confuse skin care with an acne cure.

Taking care of your acne externally and fixing the root cause of your acne are completely different things. Yes, skin care for acne-prone skin is obligatory if you have acne because you have to maintain a balanced pH level (more on that later), prevent infection, tighten the pores, remove blackheads and prevent the formation of a certain substance that encourages acne. The Acne No More™ System handles all these issues using unique daily skincare protocols. However, in order to permanently cure acne, you must neutralize the “acne environment” (more on that later). The Acne No More™ System ensures this acne environment will cease to exist in your body.

8. Acne No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing acne by killing the acne bacteria is flawed. The whole concept of curing acne using various skin treatments is also flawed. When you say that you are going to clear your skin, the implication is that it is temporary and that at some point (when your acne is cleared) you will continue with your bad nutritional and destructive lifestyle habits. That line of thought gave birth to many gimmicks exploited by hungry marketers such as “acne free in x days,” “x days to free skin or your money back.” The truth is that the only way you’ll ever get rid of your acne permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it

will soon become entrenched into your daily routine and become easy, natural and even enjoyable.

9. Acne No More™ is simple.

With the information overload provided by the Internet, it is only natural that you will feel overwhelmed by conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will find them to apply, and the better your results will be.

10. Acne No More™ offers 24-hour FREE e-mail counseling.

The Acne No More™ System is the only acne program that comes with an exclusive 24-hour quality counseling service. I challenge you to find similar offers on the Internet. The Acne No More™ System is the perfect solution for acne, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything in my power and in my knowledge to enable you to eliminate your acne in the least amount of time in a way that suits your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis; that is why I chose to provide this service only to people who bought the program. If you ordered the Acne No More™ System, I urge you to use this service too. I would love to hear from you.

<mailto:support@acnenomore.com>

My Story

My name is Mike Walden, and I suffered from severe acne for more than 13 years. Being a former acne sufferer and experiencing acne in such an intense way gives me the special privilege to tell you personally that I truly and deeply understand the situation you are in today, and I honestly feel your pain.

Much like you, I have also gone through all the hopelessness, frustration, embarrassment, pain and even guilt that every acne sufferer experiences on a daily basis.

The type of acne I have suffered from was a severe form of acne vulgaris. When it was at its worst my cheeks were covered with large painful nodules, which are hard bumps that lie under the skin surface. I had cysts on my neck, on the sides of my nose and several more spread unevenly on the top of my back. People who have not had these nasty huge bumps under their skin can ever understand how physically painful that can be, not to say how emotionally and mentally discouraging.

I was consistently prone to unpredictable breakouts, which had a deep psychological effect on my life. For as long as I can remember, because of my acne condition, I never had what you could call a "normal" childhood. Through most of my youth I was consistently bullied for being different than other children.

I spent most of my teenage and post-teenage life staying at home. I avoided social encounters, and I was always ready for the cynical remark or the rude stare I would receive as I stood in line to buy groceries at the supermarket.

I had only a couple of good friends, who were supportive and understanding, wise and sensitive enough to see who I was beyond the layer of my skin. They were encouraging, but that encouragement didn't help my already destroyed self-image and ever-growing insecurity.

I have taken every prescription, drug, ointment or acne lotion known to Western medicine. I have been on tetracycline, doxycycline and minocycline, have taken extra vitamin B-5, been on Accutane, Zenmed, Proactive, applied benzoyl peroxide, used AHA cleansers and used more prescription medications and over-the-counters than I can remember.

Later I'll share my experiences with conventional medicine in more detail, but for now let's just say that it has not been pretty. Not only did it drained my pockets (conventional acne treatment can add up to significant sums of money), but I also experienced a great deal of frustration and disappointment from witnessing short-term or little to no results at all. In some cases my acne was even aggravated significantly.

When Western medicine failed to help me, I tried different kinds of diets, various types of nutritional approaches, homeopathic therapies, light therapies and even hypnosis. Some of these methods did have a positive effect on my acne, but again, it was only for a short time. Unfortunately, nothing dramatic happened, and it appeared that my acne was here to stay.

There were many times when I honestly felt I would never get rid of it. I began to believe that my acne was an essential part of my life like the color of my eyes or my height. But deep inside I knew I could never accept it—that giving up was not an option and that acne is in fact a disease that should not be accepted as a natural part of living. I knew there must be a cure -- only I had not found it yet.

It was only obvious that something had to be done.

The Old Man On The Hill

It was when I was on one of my trips overseas visiting my friends in Israel that I first heard of the 84-year-old man, who I now think of as the man who gave me my life back. The man's name was Elisha Levi, and I first heard him speak on a late night radio talk show. As I recall, he was speaking of the miracles of holistic approaches to healing and of their powerful impact on the human body. Elisha spoke in length, getting into many specifics including his own personal experience as a man suffering from severe skin diseases and digestive disorders. He also claimed that he had completely cured himself from all these afflictions simply by maintaining and incorporating the right combination of natural methods into his daily routines.

Obviously, I was intrigued, and I consider it pure fate that on my last night in Israel I heard Elisha Levi again, but this time he was on TV. It was a late night

broadcast on natural approaches to health and well-being. Seeing 84-year-old Elisha on that show was a real shocker. He was a tall, handsome man with an upright posture and hardly any wrinkles on his face. He was well-built, wore no eyeglasses, spoke fluently and appeared to have a clear mind and very sharp senses. He was living in a house at the northern part of Israel located at the top of a hill.

“Acne is a warning sign of a major imbalance in your system.”

Once again, Elisha spoke with great enthusiasm about the miracles of holistic methods, emphasizing that the real secret to curing almost any disease, acne in particular, is applying a certain combination of these methods in a specific order. Elisha claimed he had practiced these methods for decades, and this was the reason why he hadn't experienced any illness symptoms for the last 35 years. He also said he was jogging 5 miles each morning and working in his organic garden for approximately 10 hours a day.

As I recall, there were two intriguing sentences he repeated over and over when he spoke about acne. They went something like this: “Acne is a warning sign of a major imbalance in your system,” and “Acne is a message from your body that something is wrong inside.”

At the end of the interview, Elisha was asked what his plans were for the future. He smiled and then whispered, "I have lots of plans, but basically I intend to live forever."

The short, overwhelming interview with Elisha -- the inspiring old man who spoke with such passion and looked so young and vital -- and the two disturbing sentences he repeated over and over again were the major trigger for my long and fruitful quest for a lasting acne cure.

Success Is Yours

I am 33 years old and I have been acne-free for over seven years now. I realized my dreams. I'm married to a beautiful woman and have two lovely sons who are my life. My skin is practically perfect, and I lead a full, rich and normal life.

A significant number of individuals who have either read this book or are associated with me and have implemented the methods outlined in the book

are living proof that acne can be banished. They are the living proof that getting rid of acne, even highly severe cases of acne, is not science fiction. It doesn't have to cost thousands of dollars, and it doesn't have to involve swallowing enormous amounts of pills or vitamins or spend unrealistic amounts of dollars on all sorts of lotions and ointments, which only mask the symptoms. Acne is in fact a disease, a very tormenting and horrible disease—but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than four years of intensive holistic research and is based on my own personal experience as well as that of many readers who kindly volunteered to give their own feedback and comments. Getting rid of acne and clearing your skin is something that can be naturally achieved. It can be accomplished, but like anything worthwhile, it requires dedication, persistence and patience.

My personal research yielded the Acne No More™ System, which is at the heart of this book. If there was one important thing that I learned in regards to acne, it is that it cannot be cured using a single-dimension protocol. A long-term solution for acne has to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Acne No More™ System is simple to comprehend and may consist of several methods and approaches you may have heard of before, but the key lies in how to conduct each step and in the right order and combination of steps. The program is simple, yet revolutionary. Often, great things come in simple forms.

This program works. I know this for a fact as I live by it, and the results speak for themselves. I haven't yet met the person who followed the Acne No More™ System without experiencing a remarkable change in his or her acne condition. Moreover, many report a dramatic, positive impact over their mental and emotional well-being. I sincerely encourage you to become one of those people. I invite you to give my method a chance so that I can offer you a better life -- an acne-free life.

How to Get the Most From the Book

This book offers a comprehensive natural approach to the treatment of acne. It is aimed at you, my fellow acne sufferer -- you who are fed up with conventional treatments and their horrible side effects, you who are willing to try a natural, long-term and practical way to get rid of acne.

This book is aimed at people with all types of acne of all levels of severity. It is aimed at individuals with different types of skin, different acne conditions or at people who only wish to improve the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to acne-free skin through a holistic approach by treating the body as a whole, having it cleansed from the inside, helping it return to normal levels of functionality, thus allowing the skin to heal itself from the inside out.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Acne No More™ System to the letter, you will be able to achieve more than just healthy looking skin—clear from spots and pustules. You will feel younger, healthier and vibrant. You will be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation, obesity, rashes and Candida. You will achieve all that without the horrible side effects. The Acne No More™ System eliminates the root factors leading to acne, thus achieving real long-term success.

I spent more than 4 years researching, probing and analyzing information concerning acne as well as experimenting every available natural solution. During this time I

eliminated what did not work and put aside what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Acne No More™ System.

As mentioned earlier, treating acne is not a short process. It requires persistence and patience. Results may only appear visible after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different skin types, levels of acne severity and sensitivity to certain foods.

Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things under control.

Persistence and belief are vital if you wish to achieve success in clearing your skin. However, to complete the plan and maintain the results you are required to follow all the steps outlined in the program as they are written. You must understand that following each step alone will yield only short-term results. The combination of all the steps in the Acne No More™ System is the only key to lasting acne-free skin.

This book is divided into 8 chapters and an appendix.

Chapters 1-2 are the general section of the book aimed to build a foundation of knowledge regarding acne and a holistic approach. This is where I discuss my personal experience with acne treatments, proper mental motivation, the crucial differences between conventional and natural medicine and the acne equation (the actual factors involved in the formation of acne).

Chapter 3 reveals the **complete step-by-step holistic solution to acne—the Acne No More™ System** with each of the chronological steps explained in general.

Recently added is the **Quick Results Mini-Program (page 66)**. It is designed especially for busy folk that don't have much time on their hands but wish to **see results ASAP** and for people with very light acne. It is not a quick fix approach, but it is practical and extremely easy to follow.

In **Chapters 4-8** I discuss and reveal the specifics for each practical step of the Acne No More™ System with all the nitty gritty details of why, when and how to successfully accomplish each individual step.

The **appendix** reveals all you need to know and practice in order to successfully reduce or eliminate acne scars you may have after the spots, blemishes and cysts are gone.

The **Acne No More™ Quick Fix mini program** consists of **only the principles that need to be followed to achieve clear skin**. It is aimed at people with extremely tight schedules who prefer to get rid of their acne at their own pace instead of having to follow a strict step-by-step program.

The Acne No More™ System book also contains lots of valuable theoretical as well as practical information as a means of providing the reader with the most clear, sharp and coherent picture of the disease and what needs to be done in order to eliminate its symptoms. By following this, you will become more “acne educated,” more motivated and more focused on achieving your goal, which is eliminating the factors leading to acne formation and having clear skin with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading you may feel overwhelmed by the amount of information. Don’t be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you will gain a complete picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won’t get too confused (as to why you are required to do this or that and in a certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could I kept words to a minimum, and strived to use conversational language and layman’s terms to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It is important that you commit to take action and set deadlines for your goals if you wish to succeed. Without the will, a deadline and proper motivation and dedication to eliminating your acne, you will achieve only poor or short-term results. It is advisable to adhere to the Acne No More™ System as it was especially designed to make your acne a part of your past history. For that purpose I have included the “preparing mental ground” section below just to fuel your mental engine before jumping into the waters.

Before you start the program, take a photograph of your skin and keep it throughout the process. I would even suggest starting a personal “acne diary” so you could record the progress on your skin’s appearance as well as your general emotions. At the beginning or end of each week you can take another photograph of your skin. Note that in cases where intoxication and imbalance are severe, the skin might get a little worse instead of better in the

beginning. Don't be discouraged. Be patient. It will be worth the wait. I guarantee it!

Preparing Mental Ground

At this stage you must ask yourself: **How important is it for you to get your face clear? Are you willing to make the effort and achieve this once and for all?**

As you go through the book, you will notice that eliminating your acne is temporarily a demanding process, which requires some level of persistence and change. You will have to alter your eating habits, replacing old and familiar routines with new ones, minimizing or giving up foods that are harmful but gave you lots of satisfaction at the same time. This may not be easy, but is it worth it? My answer is absolutely, positively yes!

The truth is that from where you are probably standing right now, it will be hard to blame you for thinking (as you go through the book), "What is he talking about? Giving up on sugar completely? He must have gone mad. I'm not going to give up my life for clear skin!" Well, that is just how every addictive person would react when offered a way out. Yes, including myself. We are all chained by addiction to fat, sugar and all sorts of junk foods and eating habits that promise great fulfillment and satisfaction, making us believe we are helpless or emotionally empty without them. Only when you pass these addiction obstacles and alter your ways can you see from a distance how futile the whole thing was ... how meaningless. Yes, you will minimize the consumption of white sugar, and you will eat a lot of raw, fresh vegetables and fruits instead. And guess what, **nothing will change**. You still find happiness, fulfillment and satisfaction, and it does not concern food! You have achieved something. You are a far more balanced and in control human being. You are free, and best of all, your skin looks fantastic.

Going to that place of freedom from acne and from mental slavery to food and eating habits requires a certain mental change. You have to prepare the mental ground that will help you overcome your fixations. To adjust to this new lifestyle you may need to adapt in order to lead you successfully through the process.

Besides having willpower, which is the most vital tool you will need as you go through the plan, there are other mental tools you should take with you on this journey to clear skin.

No, I am not expecting you to change your behavior dramatically because of what you are about to read, but I want you to be open and at least give it a try.

Let's begin.

1. Set clear, compelling and positive goals that will charge you up with powerful motivation.

Setting your goals is a simple procedure that you must complete before you begin any program that requires some level of change. You cannot ignore goal-setting. It is a crucial step. You have to clearly define your goals. Goals are the only bridge between knowing what to do and actually doing it. A good example of goal-setting in our case is having lasting acne-free skin and looking more attractive. To achieve your goals you must program your subconscious mind with clear and vivid pictures of these goals. Only then will your mind work in your favor, and you will achieve your targets. Additionally, you must have positive thoughts about your goals. Otherwise your subconscious mind will work against you instead of with you.

After your goals have been set, replace the negative thoughts you might have and attach positive thoughts to your goals. Instead of thinking "I can't lose this stubborn acne no matter what I do," say "How can I clear my skin and enjoy the process?" Instead of thinking "It's not my fault I have acne. It's my genetics," say "I am 100% responsible for my skin and my health." Instead of thinking "I can't get myself to change things for my skin," say "I have time for anything I am committed to." Instead of "I hate my cystic acne face," say "I like myself." And instead of "I can't," say "I can do whatever I set my mind to do."

2. Make a list of what you desire to be changed and the reasons for it.

You will succeed only if you create a vivid vision of what you want to be accomplished and **why** you need it to be done. Your mind needs justification and cause to go in a certain direction. A reason for what you desire adds emotion to it. Getting emotionally involved with your goal will affect your subconscious that will help you materialize that goal.

Make a long list of all the convincing reasons for achieving clear skin, and the methods will become much easier to follow.

3. You have to alter your beliefs in order to change your behavior.

If you try to alter the way you behave without changing your beliefs (the way you think and feel about what needs to be done in order to eliminate your acne), then your beliefs will always "suck" you back to where you started from, and you will go back to doing things you did before the change. You must alter your perceptions and beliefs in order to consistently follow different behavior patterns.

So before you adopt the advice and guidelines in this book and incorporate them into your life, try to change your perceptions first. The best practice is simply to forget everything you have been told about acne and about your health in general.

Yes, that's right. It is a fact that most of what you have heard not only about acne but about your body in general (your body is not fragile), what is healthy and what is not (milk will give you strong bones—the opposite is true) is mostly a misconception and often a big fat lie.

Almost everyone in Western society was or still is a victim of some sort of hypnosis. The truth is you are fed with lies every single day by a system that doesn't give a damn about your health and feeds you with mental and physical poison on a daily basis.

The Acne No More™ System offers you the liquid of life, but in order to drink it, you must empty your glass of poison (your older beliefs and misconceptions) first. For example, I know for a fact that acne can be managed and permanently cured without conventional medicinal intervention and without creams and over-the-counters.

Doctors will prescribe a drug only to mask the symptoms of acne and then another drug to mask the side effects of the first drug ... and so on. The truth is that the more we rely on drugs to alleviate the symptoms, the more we become dependent on them, and the vicious cycle continues. The point is that some people simply cannot overcome their fixation about drugs. They find it hard to believe that acne can be cured without any medications—that the solution for acne must come from within by changing their own habits.

You have to change your perceptions in order to adopt a new behavior. If you had a broken leg, would you insist that you keep the plaster casts indefinitely even after your bones were mended? Would you do this just to avoid the

discomfort of taking them off and feeling temporary weakness and maybe experiencing some difficulties in walking?

It is time to realize that drugs are not the answer. It is time to take off the plaster cast of old perceptions and destructive habits. It is time to take off the plaster cast of fear to make an effort for your body, health and inner balance, to do more than just put creams on your acne and swallow poisonous, useless pills because some very educated dermatologist told you to do so. It is time to listen to your body and take responsibility.

It's time to start walking.

4. Educate yourself.

Only if you understand the reasons as to why the change is necessary, both mentally and emotionally, will it become much easier to make the change. If you become educated as to why it is so harmful to consume fried, overcooked foods, refined carbohydrates and hydrogenated oils, what happens to your hormonal levels and your digestive system when you are consuming dairy products, why it is obligatory to cleanse and what happens to your body during a cleanse, why it is so important to listen to what your body is trying to tell you, why acne is a message from an unbalanced body that you cannot afford to ignore, then your mind will provide the necessary justification for you to naturally make an effort toward a change.

If you visit an industrial meat factory and observe the cows and chickens being slaughtered without mercy, stuffed with antibiotics and steroids and inhabiting a filthy environment only to become your favorite meal, the emotions invoked in you from this experience would make you more conscious of your food.

Only if you learn the truth, dig deeper and get emotionally attached with the facts will it be natural for you to make the change.

Get Rid Of Acne Holistically

You really can get rid of acne—naturally and holistically. How?

By learning what an “acne environment” is, by learning exactly what conditions are needed for an acne environment to exist, and how to neutralize these conditions so that acne will vanish forever.

By learning the connection between acne and inner imbalance and how to quickly restore the body back into balance.

By understanding that acne is primarily a Western problem and that there is in fact a connection between Western diet, Western lifestyle and acne -- in spite of what modern medicine and the media want you to believe. Researchers have clearly shown that in non-Western societies where people don't eat Western food, they also don't have acne.

By learning the evident link between stressful lifestyle, inadequate sleep and lack of exercise and the aggravation of acne.

By realizing that dehydration and applying unnatural harsh chemicals to the skin can actually aggravate the skin's natural oil production and make acne worse.

To get rid of acne permanently, equip yourself with information about toxic elimination, external and internal cleansing, hormonal balancing, diet, stress control, sleep optimization, natural skin care routines, Candida eradication, the yeast link, antibiotics, probiotics and prebiotics.

The Acne No More™ System will provide you with all of the above invaluable information. But this is not just an informational book. It is a complete step-by-step system that will take you from where you are now to where you want to be—to have permanent, beautiful acne-free skin.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you will see results on your acne condition.

Start today. Start now. If you need any further assistance, I am easy to reach, and you will have all my knowledge and expertise at your disposal.

My e-mail is: support@acnenomore.com

Chapter 2—The Truth About Acne

The Skin

The skin is the largest organ of our body and one of the seven channels of elimination containing about 70% water, 25% protein and 2% lipids. It helps the main organs of elimination (liver, kidneys, intestines) get rid of waste build-up.

The uppermost layer of the skin is called the epidermis. The deeper layer is called the dermis, and this contains collagen and elastin which keep the skin flexible and firm. The dermis also contains sebaceous glands, sweat glands, lymph vessels, hair follicles and nerves.

Beneath the dermis lies a tissue of fat cells.

Infection can occur when the exfoliation process (the renewal of cells when they shed to make room for new ones) slows down and your skin pores get blocked.

When toxins (usually stored in the deepest layer of fat cells) find their way to a blocked skin surface, it can lead to acne.

Infection can also occur when one damages the acidic layer of the skin using harsh products or over-abrasive cleansing. This acidic layer of the skin, often referred to as the acid mantle, contains sweat and sebum (oil) and should have a normal pH of 4-5. When you use harsh products like soaps (with a pH of more than 4-5), this acid mantle is destroyed, making the skin more prone to infection.

However, infection alone is not the cause of acne. The skin, the reflection of our inner system and our health, becomes prone to acne because of a deeper combination of factors.

The truth is that the body has an amazing natural ability to cleanse and heal itself. Our task is to allow this to happen, but not through external and temporary methods that only mask the symptoms.

In order to get rid of acne we need to take a more revolutionary approach. We must help the skin to heal itself from the inside out.

No matter what you have been led to believe, acne can be eliminated naturally. It can be done if we understand the main factors that lead to acne formation and neutralize them once and for all.

Acne and The Immediate Causes

Acne is usually described as an inflammatory skin disease. The inflammatory response is influenced by many “on-the-surface” factors such as the over-production of sebum (oil) and keratin by the sebaceous glands. This over-production of oil clogs the hair follicle and leads to bacterial growth. The bacteria multiplies and causes inflammation, and the result can appear in the form of what is known as a blackhead (an open comedo) or a whitehead (if it's below the surface).

The Immediate Causes of Acne

Basically, the process of acne formation can be divided into 4 major external causes:

1)Blockage of the pore

This occurs when the epithelial cells lining the pore mature and die. The epithelial cells turn from keratinocytes to corneocytes and become flatter and tougher. These scaly, rough corneocytes block the pore.

2)Too much skin oil (sebum)

This is caused when there is a large presence of male hormones that circulate in the blood stream. These hormones trigger the oil glands to produce excessive amounts of sebum.

3)Bacterial colonization

Clogged pores, extra amounts of sebum and certain blood toxins create the perfect environment for acne bacteria to multiply and thrive inside the microcomedo.

4)Infection and inflammation of the comedo and surrounding tissue.

Certain substances found within the cell walls, where the bacteria multiply, stimulate the immune system to produce localized pro-inflammatory hormones

called cytokines. The immune system then produces an inflamed comedo inside the pilosebaceous unit.

The above 4 causes are only the immediate causes of acne. The questions that need to be asked are: **Why** is there a hyperproliferation of keratinocytes in the first place that makes corneocytes become overly adherent and block the pore? **Why** are there excessive androgens in the bloodstream in the first place that trigger overproduction of sebum? **Why** is there an excessive immune response in the first place?

Most conventional treatments are aimed at reducing the sebum oil production, killing the acne bacteria or lowering the frequency of dead cell buildup—all for the purpose of reducing inflammation. By doing so, these treatments merely touch the surface and completely ignore the real factors.

An effective, long-term acne solution must focus on the **deeper** causes triggering the overproduction of sebum that leads to bacteria growth—resulting in acne formation.

Acne is more than skin deep. Beyond inflammation, beyond your skin type (oily, dry, rigid), beyond the overproduction of sebum, beyond inflammation triggers, beyond blocked pores and beyond the acne bacteria, there are hidden factors that play a major role in the formation of an “acne environment.”

Tackle these factors, and your freedom from acne is guaranteed.

Types of Acne

When we define types of acne, we usually refer to whether it is inflammatory or not and the size and shape of the lesion.

There are the microscopic small **comedonal** acne that can be in the form of **whiteheads** (closed comedo) or **blackheads** (open comedo).

A more serious formation of acne is **nodules and pustules**. Nodules are large and firm and exist below the skin, whereas pustules are yellowish bumps that are pus-filled.

There are acne forms which are non-inflammatory, carry no pus but only appear as red spots. These are commonly referred to as **pimples**.

Of all acne cases, **cysts** are the worst. Cysts are sac-like formations filled with pus that is spread under the skin tissue in a diameter of 5 mm or more across. The pus runs deep below the skin's surface, which often results in serious pain. Not all cysts are caused by inner factors. Some may be the result of squeezing small pus-filled acne, causing the pus to run even deeper into the skin and aggravating the infection.

Acne vulgaris is the most common form of acne, containing both whiteheads and blackheads.

Acne rosacea is characterized by a flushed appearance of the face due to the enlargement of blood vessels which is caused by inflammatory bumps. The most common places acne rosacea appears are on the chin and forehead.

Perioral dermatitis is the form of acne which young women suffer from. The common places where these tiny papules appear are around the mouth and on the chin.

Acne conglobata is another severe form of acne that affects the chest, back and the face. This is an intensive form of acne vulgaris where multiple cysts and nodules are spread in large areas. Acne conglobata is more common among men.

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system at one with nature, conventional medicine treats the body as separate physical organs.

Conventional medicine has failed to acknowledge the truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural varieties (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are incompatible with the body. This is why these chemicals cannot enter your system without creating some level of imbalance.

While holistic medicine's intention is mainly to restore the body back to a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its efforts entirely on "making the patient comfortable," by calming the pain with drugs and ointments, which in most cases function as patches to the symptoms of the disease.

What Acne Treatment Does Conventional Medicine Offer?

The following is a list of several treatments conventional medicine offers as a way of dealing with acne. I have used all of them, but unfortunately none has been able to effectively make my skin clear in the long run. This is mainly because these treatments are focused on the symptoms of the disease (blocked follicles, excessive production of sebum, reducing pain caused by cysts etc.) as they provide "patches" rather than addressing the root factors.

1. Using Antibiotics Such As Tetracycline Or Benzoyl Peroxide Over-The-Counters To Kill The Bacteria Harbored In The Blocked Follicles

It is not only that antibiotics such as tetracyclines simply do not work in the long run as a treatment for acne bacteria and not the acne disease itself; antibiotics are extremely destructive to your overall health as well as your acne condition (see antibiotics, probiotics and prebiotics). Over-the-counter creams and ointments such as benzoyl peroxide are aimed at treating the acne-affected areas by killing the bacteria. The problem here is that killing the bacteria does not eliminate the problem that caused the excessive production of sebum oil, for instance. The treated acne spots may vanish, but others will follow.

Another problem with this treatment is that some people may be allergic to penicillin or benzoyl peroxide, and it may cause extreme rashes, swelling of the face or even result in abnormal breakouts.

Moreover, using benzoyl peroxide will dry out the upper layers of the skin and make it peel and redden. More peeling of skin can either block pores or let the bacteria thrive and multiply or stimulate the oil glands. This produces more sebum to compensate for the dryness, which can lead to more acne breakouts.

That is why those who recommend using benzoyl peroxide on a daily basis also recommend the use of a moisturizer afterwards.

Some researchers claim that benzoyl peroxide can cause premature skin aging, slow healing and can increase skin cancer risk.

Did you know that in 1995 the FDA issued a warning regarding the use of benzoyl peroxide and changed its status from safe to uncertain?

By using benzoyl peroxide, you are not eliminating your acne; you are only killing the bacteria. Once you stop using it, acne will return with a vengeance. As you will see later, you have acne for a reason. Acne is a message from your body you should not ignore.

Acne is like someone constantly knocking on your door. He won't go away if you put in earplugs or pump up the music volume. Only if you open the door and confront this guy will you have a chance to make him go away.

Note About The Acne Bacteria

While many skin diseases are contagious, acne is not one of them. The acne bacterium is not contagious, and it is not the cause of your acne. The acne bacteria will encourage acne formation only if there is an excessive production of sebum oil from your skin (caused by deeper factors as you will see later).

These bacteria are essential for keeping the skin flexible. Completely destroying these bacteria can damage the skin's natural flexibility and make you look older. Acne bacteria exist in everyone, whether you are an acne sufferer or not. If you put all your efforts toward killing acne bacteria, you will win only in the short term.

2. The Daily Intake Of Vitamin A Derivatives (Such As Accutane In The USA And Roaccutane In Europe) For A Period Of A Few Months

This is known to effectively treat over 80% of acne patients as it dramatically reduces the production of oil from the glands. However, the treatment requires the patient to take medical tests and examinations due to severe known side effects of the drug.

Accutane is a poison that (almost) completely eliminates the production of sebum by the oil glands. Again, the production of sebum oil is only the symptom, not the cause of acne.

It is a fact that it takes several months for Accutane to become effective. Your acne will get worse initially, and in most cases it will come back as soon as you stop taking Accutane.

But that is not the real issue with Accutane, It also has some dark side effects that should not be ignored.

Here is a partial list of the side effects: dry skin, dandruff, headaches, hair loss, liver damage, bleeding from the nose, decreased night vision, birth defects and even arthritis or complete loss of vision, The list goes on.

My experience with Accutane was disastrous, to say the least. At the beginning my skin got extremely dry, and I suffered from additional acne breakouts (which is natural at the beginning). One of the blood tests I had taken as part of the Accutane treatment routine had shown a dramatic increase of lymphocytes and I had to stop the treatment. After 3 months I went on the vicious 22-week Accutane cycle again. This time Accutane did clear most of my acne.

For 6 months I was almost clear, but then it came back, and this time it got even worse. Moreover, I started getting severe pain in my elbows and the knee area, and I still suffer from spontaneous pain attacks in those areas. A very close friend of mine, who is also an experienced naturopath, told me it was probably due to my use of Accutane.

So my advice to you is that if you are taking Accutane, stop it right now. If you are considering taking Accutane, don't do it. It is simply too dangerous.

3. Using Cloth Or Mechanical Tools Or Chemicals To Peel Off By Scrubbing The External Layer Of The Skin With The Help Of Salicylic Acid And Glycolic Acid

Needless to say, this is another on-the-surface patchwork treatment typical of Western medicine. The surface may be clear at first and scar depth can be reduced, but the disease stays.

4. Oral Contraceptives

Oral contraceptives—taking hormones to decrease the overproduction of male hormones, such as testosterone—can lower the production of acne at best. In extreme cases it can lead to a severe hormonal imbalance, which can

aggravate acne. Also, the body identifies it as another toxin to be eliminated, putting more burden on your system, causing more acne instead of eliminating it.

5. Proactive Solutions

Proactive solutions—the 3-product kit (cleanse, toner and lotion for repairing) containing the active ingredient benzoyl peroxide and glycolic acid—do exactly what is expected of an unnatural, external Western medical product. It only kills the bacteria by drying the skin (benzoyl peroxide) and exfoliating the dryness (glycolic acid).

Proactive solutions, as well as benzoyl peroxide alone, have helped to reduce the acne formation in some people, but they do not solve the problem. Furthermore, they cause more dryness and irritation.

Proactive solutions only reduce acne symptoms in the short run by putting patches on the symptoms. In the long run they are practically useless—and pricey.

The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It is not preoccupied with diagnosis or cures as it is based on the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a whole (body, mind and spirit) and not as the sum of its organs. According to holistic medicine, everything you absorb—attitudes, beliefs, chemicals or food—directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approach to healing, but rather nourishes the approach of building a strong immune system, increasing the body functionality and enhancing spiritual and mental strength.

Natural medicine yields to nature and recognizes the individual obligation to cleanse the body of any unnatural residues. A body that is cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements include synthetic foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body is in an imbalanced state or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease indicate that something is wrong. Most illnesses occur when the body's cleansing organs cannot remove the excessive amounts of toxins that get into the cell walls, bones, hormone receptors, tissues and even cell surfaces. In most cases when toxins enter your system, disease begins. When symptoms occur, it is often too late as something has already been damaged.

Natural medicine is based on the belief that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, it can result in more than 90% of illnesses being healed by the body itself.

Acne is a warning sign of something very wrong inside your body.

Acne is in fact a cure, not only a disease. The body is trying to cure itself, and it manifests in acne. Your body is desperately trying to tell you something. It is warning you that you are in fact in a state of imbalance, that you are in danger (from toxins, distorted hormone levels), and it can lead to more dangerous diseases such as heart disease, stroke and cancer.

Ironically, you are lucky in comparison to people who do not have acne. They are probably over-toxic too and also in a state of danger. But their body does not communicate with them using acne as it does with you (because of a certain major difference—see the acne equation).

Every type of blemish you have acts as a messenger from the body. It is suggesting changes to your diet and lifestyle that will only benefit you in the long run.

Acne can suggest that you are too tense and need to manage your stress more effectively. It can suggest that you are in the wrong job and you should consider a new one. It may suggest that you over-consume harmful foods and that your system is loaded with toxins. It may suggest that you misuse skin products, taking too many medications or over-the-counters, hardly exercising or not having enough quality sleep. It is your obligation to use this information for your own good so it will not only improve your skin condition but also your well-being. It is time to wake up and get your system into natural balance again.

The Acne Equation—The Theoretical Path To Acne-Free Skin

Introduction

It may sound strange to you, but it took me years of study and research to reach the following simple yet highly effective approach to the treatment of acne. There are literally thousands of theories as to what causes acne and what doesn't. They all sound very convincing up until the point where you put those theories to the test.

The ideal approach to the treatment of acne is that there are no simple, one-dimensional causes for acne. There are, however, certain conditions that lead to acne formation.

It is the same healthy approach you must take when facing almost any conflict or problematic situation in your life. The older you get and the more experience you gain, you will find out that when it comes to practically solving a problem, this approach by far outlasts all others. Suppose you are driving your car on one of those busy Monday mornings, and you suddenly realize you've slightly hit the rear end of the car in front of you. Now think about it for a second. Was it 100% your fault because you should have looked ahead instead of daydreaming? Or maybe it was the other driver's fault because he pushed the brakes too suddenly as he saw a cat passing by and wanted to avoid a road kill? Or maybe it was your fault for not keeping the required distance between your car and his? Or maybe it was the cat's fault?

You see what I mean? The more you dig the more you find out that there are almost never any direct causes for a situation to occur, and surely not one. There are, however, certain conditions that are required in order to make something happen. The same principle should be applied when we try to find a solution to a problem. **There can never be a single one-step solution that will completely solve a problem from the root**, certainly not in the long run.

You may ask why I am so hooked up on semantics. To make a long story short, your acne didn't just happen, and it was certainly not caused by one major factor such as bacteria or viruses, bad diet, B-5 deficiency, weak liver function or any genetic tendency. In order for acne to happen, certain conditions must exist (or a combination of certain active factors must take

place). To solve a problem like acne from the root, you must change the environment that encourages it and disable the conditions that lead to the formation of it. There is no magic pill that someone may prescribe for you which will eliminate your acne because there is no single definitive cause.

Since 1993 I have been studying the subject of acne, experimenting, reading and gathering any information that may lead to a reasonable, comprehensive yet practical solution. I have talked to authors, dermatologists, healers and well-established researchers, and when I finally put the pieces together, the conclusions seemed a bit odd at first, but the results are in. No matter what any dermatologist would say about this theory, there is one thing that is definite — it works. It works completely, and everyone who has experimented with this plan has found the results to be truly remarkable. Not only that: it is by far the most practical, simple, natural and safe acne solution available today.

The Theory

There are three main factors that create the environment in which acne can exist:

1. **Hormone Irregularities**
2. **Toxic Buildup**
3. **Genetic Tendencies**

The following equation best describes the possible combination of the above factors leading to acne formation. Do not panic, no one despises math like I do. You might as well treat this equation as a simple logic illustration if it helps.

(Hormone Irregularities Combined With Toxic Buildup) x (Genetic Tendencies) = Acne

I will later explain in detail about each of these factors and what can be done about them, but in the meanwhile let me say a few words about the acne equation in general.

The acne equation illustrates all the possible factor combinations that lead to the formation of acne. In order for you to have acne, the following conditions must exist: You must have **a combination of hormone irregularities and toxic buildup in your system**. However, these factors are not enough. In order to have acne, you must also be **prone to certain genetic tendencies** (more on that later). Only that combination can lead to acne.

Before we continue, let's explain all the factors in detail.

Hormonal Irregularities

Hormonal irregularities are a major factor in the formation of acne. Hormones stimulate your oil glands to produce sebum to moisturize your skin naturally.

Androgens are hormones the body produces when we are in puberty; they are known to stimulate the production of more oil. That is also why acne in pregnancy is so common. In the first three months of pregnancy the levels of progesterone are increasing and also causing more oil to be produced by the

oil glands, resulting in acne. It is also common that after the first three months of pregnancy, acne usually vanishes.

Excessive hormone production or excessive amounts of used hormones that are not eliminated properly cause the over-stimulation of your oil glands, which means that your skin will become more oily. But that is not enough to cause acne. In order for acne to appear, the acne bacteria (passive in every person) have to be fed with blood toxins to develop into acne.

However, this scenario is not true for every individual simply because there is a third factor involved in the formation of acne, which I have referred to as genetic tendencies (more on that later).

Pro-inflammatory, Anti-Inflammatory Hormones, Prostaglandins and Acne

Acne, from the external point of view, is an inflammatory condition triggered by the production of excessive amounts of sebum by the oil glands.

Researchers have found that the presence of certain Androgen hormones such as Dihydro Testosterone (DHT) and Insulin make the oil glands go into overdrive causing the excess sebum to block the pores. Insulin was also found to advocate inflammation in the cellular levels.

Fortunately, in the same way that there are pro-inflammatory hormones (Prostaglandin E2), there are also quite a few anti-inflammatory hormones (Prostaglandin E1 and Prostaglandin E3), that help your body fight the process of inflammation in the cellular level.

Therefore, by reducing pro-inflammatory hormones and taking large amounts of anti-inflammatory hormones, you will significantly neutralize the inflammation factor that triggers acne formation.

Prostaglandin E1, Prostaglandin E2 and Prostaglandin E3

Prostaglandins are biochemicals that communicate with hormones and cells and trigger cells into action. Prostaglandins work inside the cells and help regulate the function of cells and organs through the communication of cells and hormones.

Among their many functions Prostaglandins activate inflammatory responses in the body, help clotting, aid reproduction processes, increase mucus production to protect inflammation and increase blood flow in the kidneys.

With regards to acne, Prostaglandins make sure your androgen hormones are in balance as they regulate your hormones so that just the right amount of sebum will be produced by your skin oil glands and thus prevent excess amounts of sebum production that leads to acne.

In order for hormones to be regulated properly and regain balance, your body needs to produce sufficient amount of Prostaglandins. The only way your body will be able to produce the required amount is if you provide your body with certain important nutrients, such as essential fatty acids. You also need to provide your body with these nutrients from quality sources and in a correct ratio, otherwise the production of Prostaglandins will not be executed properly.

Additionally you have to provide your body with extra supplements that will help the absorption of these Prostaglandins. By doing so your body will produce the right amount of Prostaglandins that will help regulate your hormones, making your hormones work in precise balance, not only preventing the formation of acne but also preventing other health conditions associated with hormonal regulation problems such as hair loss, excess body fat and PMS symptoms.

Prostaglandin E1 is a powerful anti-inflammatory hormone that has the ability to enhance immunity, reduce clotting, lower cholesterol and elevate mood. It can also significantly inhibit the production of a pro-inflammatory hormone called Prostaglandin E2, a hormone that depresses immunity and promotes inflammatory reaction.

Therefore, taking specific supplements (see the supplementation section in the NSC plan) along with making dietary changes that promote the production of Prostaglandin E1 while inhibiting the production of Prostaglandin E2, can have an enormously positive impact on your acne condition.

GLA (Gamma-Linolenic Acid - found in Borage or Evening Primrose oil).

GLA for example, is one of the most effective supplements that help the body produce the vital Prostaglandin E1. Taken along with certain other supplements such as Lecithin, Antioxidants, Zinc and Vitamin B complex it will

help protect the oils from oxidizing and also help GLA convert into DGLA and then into the Prostaglandin E1.

Prostaglandin E3 or Omega 3 is another anti-inflammatory hormone that depresses the pro-inflammatory hormone Prostaglandin E2.

There are also certain foods such as wheat and milk that inhibit the production of Prostaglandin E1 in your body and even promote the creation of the pro-inflammatory hormone Prostaglandin E2.

Conclusion

Reducing pro-inflammatory hormones and creating anti-inflammatory hormones can be achieved by: **making dietary changes** (thus minimizing the production of pro-inflammatory hormones from food and creating the ideal environment for the body to produce anti-inflammatory hormones- see the NSC plan), **taking anti-inflammatory supplements** (or supplements that help the body produce anti-inflammatory hormones- see the supplementation section in the NSC plan) and by **killing candida** (that promotes the production of pro-inflammatory hormones).

This will help create an internally anti-inflammatory environment that is proven to dramatically reduce acne formation.

Toxic Buildup

Toxic buildup is another major factor in the acne equation and, just like the hormone irregularities factor, they alone cannot create acne. It is only the combination of the two that ultimately "opens the door" for acne formation. However, as stated earlier, the combination of both hormone irregularities and toxic buildup can lead to the formation of acne only if a certain genetic factor is involved (more on that in a minute; be patient).

Toxic buildup in your blood, bowels and liver can occur if your primary organs of elimination (intestines, liver and kidneys) cannot deal with the extreme quantities of toxic waste, either because they are clogged or are overloaded

with toxins themselves. Thus, they are unable to properly filter and eliminate the toxins via the conventional primary routes of elimination—your bowels and kidneys. When this happens, toxins are expelled via your lungs and skin.

Causes For Hormonal Imbalances And Toxic Buildup

1. Congested Liver, Clogged And Sluggish Bowels

Hormone irregularities can occur if your liver is congested with either too many toxins or stones that disrupt it (and the gallbladder) from either deactivating used hormones or expelling them via your bowels or both.

Hormone irregularities can also occur when your bowels and kidneys fail to eliminate deactivated hormones, causing these hormones to be reabsorbed into the blood and becoming active again. This can happen for various reasons, one of which can be that your bowels are also congested with toxins. Your bowels could be clogged, filled with mucus that stimulates the growth of parasites and candida.

Your liver is the main blood filtration organ that neutralizes and eliminates toxins from the body. When your liver is overloaded with toxins and stones, dangerous toxins from bad food, cell waste, parasites, candida and so on, are not being expelled properly, they are reabsorbed into your blood. These toxins can also be reabsorbed if your bowels are clogged or sluggish and cannot handle the blood toxicity overload.

2. Nutrition Deficiencies And Dietary Factors

Nutritional deficiencies or “deficiency of force” is the major cause of most diseases and dysfunctions. If your body does not have enough energy or building materials to properly eliminate toxins and keep your system balanced, a disease occurs.

This disease is simply your weak body’s reaction to the high levels of toxins that are threatening it. Your body is just trying to cure itself, and it manifests in a symptom of a disease such as acne.

Again, why is the body lacking energy? Because we feed it with poison instead of real food loaded with nutrients and energy.

The natural approach is based on the belief that there are many types of food that can cause acne to appear. Foods with high levels of toxins as well as acid-forming foods, refined carbohydrates, dairy products and hydrogenated fats are direct causes for a dysfunctional digestive system (clogging and toxic accumulation). A dysfunctional digestive system usually fails to evacuate toxic waste, resulting in the elimination of waste via the skin pores.

A study that investigated the connection between diet and acne supported these claims when it showed that non-Western populations (Kitavan Islanders in Papua New Guinea and hunter-gatherers in Paraguay) had low blood insulin levels and hardly any cases of acne and other typical Western maladies (obesity and diabetes) compared to Western populations, who had high blood insulin levels and suffered from all these illnesses including acne.

The difference between the populations was rooted in the eating habits of each population. While Western populations were consuming refined and simple carbohydrates including all sorts of toxic foods, processed and dairy products (potato chips, chocolate and other snack foods), the hunters were maintaining a diet consisting of fruits, vegetables, roots, nuts and fish.

The high insulin levels in the blood were in fact the direct result of the Western diet producing excessive amounts of insulin, which stimulated the overproduction of sebum in the skin—the same sebum that encourages the growth of bacteria that cause the formation of acne.

Fluctuations in blood sugar level (due to consumption of foods with high glycemic load—GL), cause insulin levels to become elevated, thus lowering IGFBP-3, a beneficial hormone that promotes normal skin cell death (apoptosis) which prevents the pore from getting blocked.

When insulin is elevated, it also increases IGF-1, a hormone that stimulates excessive skin cell growth. Elevated IGF-1 prevents IGFBP-3 from doing its job.

Another cause of hormonal irregularity can simply be that your body has a certain deficiency in prostaglandins, which are hormone stabilizers that the body produces using a balanced supply of essential fatty acids. Without this balance you will likely suffer from a chronic hormone imbalance that leads to acne.

3. Food Allergy

An allergic reaction to food happens when your body identifies a certain food as an invader in your system. Your immune system is then sent to attack the invader and neutralize it for the purpose of eventually having it removed from your body, thus causing the allergy symptoms. The body's reaction process results in extra toxins that have to be filtered and expelled via your liver, intestines and kidneys, thus putting extra stress on these organs of elimination. This results in the expulsion of these toxins via the secondary channels—your lungs and skin.

4. Candida Albicans

Candida is a microorganism (a vicious yeast) that dwells inside the digestive system and can transform from yeast to a fungus as it seeks the opportunity to propagate. When candida starts to flourish it can negatively affect the colon, bladder, liver and vagina.

The most destructive aspect of candida growth results mainly from its waste product (mycotoxins) that can affect the brain, the immune system, joints, muscles, tissues and especially damaging the functionality of the liver.

The following are the common symptoms associated with severe candida overgrowth:

- Recurrent vaginal infections
- Recurrent urinary infections
- Cramps, menstrual problems, PMS
- Anxiety attacks, paranoia
- Feeling dreamy, forgetful
- Heart palpitations
- Fatigue, a drained feeling
- Depression
- Muscle aches or weakness
- Stiffness in joints
- Headaches and backaches
- Abdominal discomfort
- Food cravings, frequent eating

- Constipation or diarrhea
- Bloating, belching, gas
- Irritable bowel, pre-ulcer
- Tightness in the chest
- Hypothyroidism (low thyroid)
- Immune problems, frequent colds
- Prostate problems
- Nausea or shaking when hungry
- Irritability
- Drowsiness
- Dizziness
- Insomnia, sleep disturbances
- Watery eyes
- Dry skin, psoriasis or rashes
- Nasal congestion or drip
- Urinary frequency
- Burning on urination
- Cracks at corners of the mouth
- Indigestion or heartburn
- Sensitivity to milk or wheat
- Rectal itching
- Vaginal itching
- Mouth rashes, dry mouth
- Bad breath, even after brushing

If you recognize four or more of these symptoms it may indicate that you have severe candida overgrowth.

Candida albicans, stimulated by antibiotics and refined carbohydrates (such as sugar and white flour), can grow to a plant-like form, break through the intestinal walls and help the yeast drive through the bloodstream and feed toxins into it.

Candida thrives when the blood pH becomes acid. This usually happens when we consume less alkaline foods and more acid foods. (for more info on blood pH, see the NSC plan). When the blood pH becomes more acid, candida overgrows (as it adapts to the new acid environment) secreting more mycotoxins that put a burden on your liver and intestines as well as other organs of elimination.

Needless to say, damaging the liver can have a negative impact on your acne. In fact, most acne sufferers in my opinion have an overgrown candida in their system that once eliminated will result in a remarkable improvement on their skin and health condition in general. Controlling candida has proven to be a great influence in significantly reducing acne breakouts.

Simple Home Test To Discover The Severity Of Your Candida

Since conventional medical tests for yeast infection are not always accurate, the best advice is to combine a solid medical diagnosis with a reliable self-diagnosis. The following is a simple and easy-to-use home test for candida:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of candida yeast infection, you will see strings in the form of legs that travel down into the water.

If you have an advanced case of candida yeast infection, you will see your saliva sink to the bottom of the glass.

Bear in mind that most people fail the test. (I failed it when I first applied this self-diagnosis test.) Only in rare cases, or after you have eliminated your candida, will the saliva remain floating on the water.

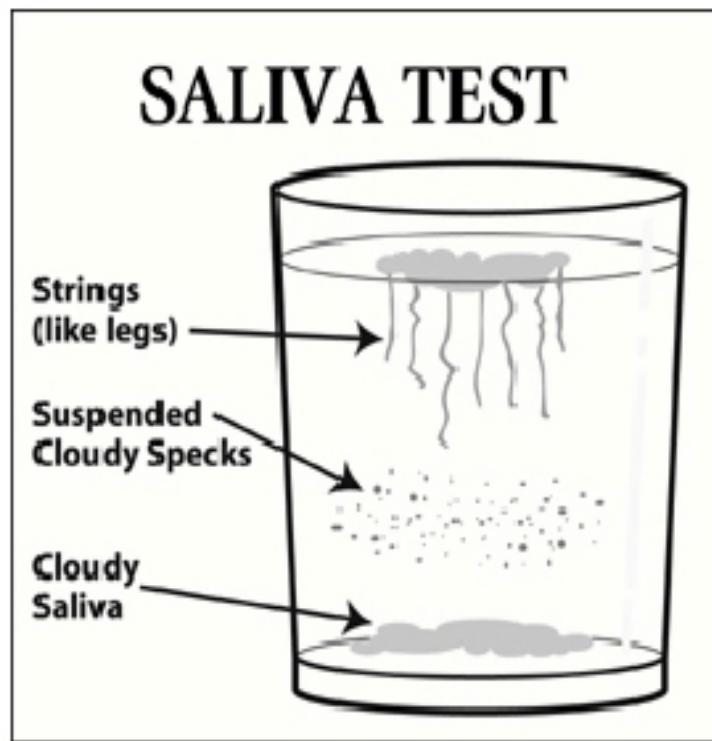


Figure 1: The Saliva Test - Checking The Severity of Candida Infection.

5. Stress

Although many conventional doctors claim that there is no direct connection between the state of stress or anxiety and acne breakouts, it has been tested and proven that stress causes the production of hormones (such as cortisol) and the weakening of the immune system that indirectly cause acne to aggravate.

Furthermore, when you are in a state of stress, your body depletes various essential vitamins and minerals such as vitamin C, potassium, vitamin B and magnesium that are essential for hormonal balance.

People inflicted with acne already suffer from abnormalities in hormone regulations, so stress can only aggravate it. Moreover, in a state of anxiety the digestive system seems to work more slowly due to lack of blood. A state of insufficient blood in the stomach is the result of the body trying to survive by rushing blood from "less" important organs to more survival-dependent organs like your muscles.

Stress can also put a burden on your liver, the same as other negative feelings can, such as hate, envy and jealousy. This weakens the liver, decreasing its ability to regulate your hormones that have gone out of balance, and it also kills the friendly bacteria in your intestines and makes your blood more acid. The weakened liver and immune system cannot handle the over-acidity.

Thus the ideal acne conditions are being built.

6. Sleep Disorders

The natural way regards insufficient sleep as one of the secondary causes for acne breakouts. When we do not get much sleep, there is an increase in hormone levels, which can indirectly lead to acne breakouts. Sleep is a mini-detoxification period needed for the liver to eliminate toxins from your blood that otherwise would be reabsorbed into your system to be expelled later through your skin.

Genetic Tendencies

The last factor in the acne equation is genetic tendencies. This is by far the most important factor leading to the formation of acne. Unfortunately **most** genetic factors cannot be controlled or deactivated.

Genetic tendencies are merely individual tendencies of the body to act or react in a certain way that is not common to everyone. Genetic tendencies are the missing link that explains the difference between people who have acne and those who do not.

Some researchers have claimed that people who have acne suffer from either weak and sluggish digestion systems or from having weak liver functions. This is one explanation as to why two people can eat the same food (leading to over-blood toxicity) and be the same age (such as puberty when there are elevated androgen levels) and yet one suffers from acne and the other does not. However, medical studies trying to establish the cause of acne have shown that acne sufferers and non-sufferers, have **no difference in liver function**. Some acne sufferers can have a weak liver capacity, but so do people who have never suffered from acne in their lives.

The only genetic difference between acne sufferers and non-sufferers is that acne sufferers seem to have oil glands that are sensitive to even the slightest elevation in androgen levels.

This over-sensitivity of the oil gland receptors is the third most important yet uncontrollable factor in the acne equation. Note that there could be other genetic factors that differentiate acne sufferers from non-sufferers such as the size of the oil gland, the skin type and other, unknown hereditary factors. At present, the most prominent genetic component in the formation of acne seems to be the over sensitivity of oil gland receptors.

The Acne Equation—Summary

Only the combination of the three above factors can lead to the formation of acne. If you have acne, then most certainly you have sensitive oil gland receptors, and unfortunately you cannot change that.

However there are two other main factors involved in the formation of acne—hormone irregularities and toxic buildup. So logically, "deactivating" these two factors by taking the necessary means (more on that later), you practically ensure the elimination of acne symptoms.

On the other hand, by compromising the other factors, you practically open the way for the formation of acne. It is as simple as that. It goes even further; the more you compromise the controllable factors, the more you aggravate your acne. And the more you operate to deactivate these factors, the less you will suffer from the symptoms of acne.

If you follow the Acne No More™ System, fortify your body with energy (force), purify your system from toxins, balance your hormones and strengthen the organs of elimination, then no matter how genetically acne-prone your system may be, you will never experience any symptoms of acne.

Chapter 3—The Acne No More™ System

Introduction

My Acne No More™ System is a proven system that has been developed, polished and perfected over 4 years of intensive research through my own personal voyage and speaking with countless acne sufferers, naturopaths, nutritionists, herbalists and homeopaths.

The Acne No More™ System is a very thorough acne elimination plan aimed at deactivating the root factors that create the environment in which acne can thrive. This plan addresses the controllable root factors (hormone irregularities and toxic buildup) that lead to acne, using a certain combination of protocols required to deactivate them.

Bear in mind that applying a single step of this plan will not guarantee a successful elimination of the acne symptoms.

The cleansing, rejuvenating and building of the liver functions as well as cleansing and regenerating the bowel and digestive system are the building stones of the Acne No More™ System.

The liver, our most important and primary detoxifying organ is also responsible for regulating hormonal activity, can be rejuvenated and strengthened only if the digestive system is not compromised. In order to properly build liver function, we must ensure the bowels are cleansed, have optimal transient time and are free from mucus and bad bacteria. If the digestive system is sluggish, toxins will not be expelled properly, placing stress on the liver and weakening it.

That is why only a dedicated efforts towards combining all of the essential acne-clear steps will ensure the complete eradication of these acne-causing factors, resulting in the elimination of acne.

The Five Pillars Of The Acne No More™ System

Pillar 1

Cleansing And Flushing—Cleansing And Rebuilding The Organs Of Elimination

Fasting is an intensive detoxification process that relieves the body of stored toxics and allows it to strengthen, heal and fortify itself. The main purposes of the cleansing and flushing program are to cleanse, rebuild and regenerate the main organs of elimination and lay the foundation for eradicating candida.

By conducting a series of juice fasts, accumulated toxins will be expelled from your body, eliminating acne inflammation, revitalizing your oil glands and normalizing hormone production while supporting your body with a variety of nutrients that supply energy and vitality.

Juice fasting combined with various methods of colon cleansing (including the introduction of toxin-absorbing materials) will ensure your bowels are free of mucus, accumulated toxins and bad bacteria and also help regenerate the bowel lining.

This will clear the way for re-establishing friendly bacteria, regenerating the digestive system, ensuring toxins are properly expelled through the revitalized and cleansed organs of elimination, and nutrition absorption is restored to normal (also responsible for hormonal balance).

Various herb teas taken during juice fasting, along with certain manipulation techniques and exercises, will help your organs of elimination detoxify themselves.

Fasting restricted only to water, or in our case low-sugar vegetable juices, combined with the re-establishment of friendly bacteria (with the aid of colon irrigation methods) will be the first step for eradicating candida—the same candida that pollutes your blood and stresses your liver.

The liver flush plan that comes after an apple juice fast and a parasite eradication plan will rejuvenate, cleanse and purge the liver and gallbladder from stones and other debris and toxic residue, resulting in a dramatic

improvement of liver function and a remarkable improvement of your skin condition.

Pillar 2

Nutrition, Supplementation And Candida Eradication Plan (NSC Plan)—Supplying The Body With “Force”, Maintaining A Balanced Clean System And Final Elimination Of Candida

Your skin will respond favorably when you support your body's detoxification organs with the proper nutrition and supplementation plan. Adhering to the optimized NSC plan while following the eating for optimal digestion rules is another action step you must incorporate into your daily routine.

The NSC plan alone will not eliminate your acne. It is, however, an important part that needs to be combined with the fasting sessions in order to eliminate the condition that leads to the formation of acne.

The main purpose of the NSC plan is to ensure your system will stay toxin-free while maintaining a proper function of the organs of elimination.

Furthermore, by including the intake of essential supplements (vitamins, minerals and herbs), the dietary routine will give your body the “force” (energy) it needs to properly get rid of toxins and help the skin heal itself, maintain hormonal balance and re-establish the friendly bacteria. These supplements should be combined with anti-fungal agents which are herbal supplements that will help your body in its final battle against candida.

The NSC plan will ensure you are not consuming the wrong foods that can poison your blood and disrupt your hormonal balance while depriving the body of the energy it needs. The NSC plan encourages the consumption of cleansing, hormone-balancing and preferably raw, alkaline-forming foods that help keep the blood clean, maintain the proper blood pH, aid digestion, enhance nutrition absorption and help the body discharge waste while preventing the accumulation of destructive poisons.

As part of the NSC plan you will also perform a food elimination diet and food allergy tests. The purpose of the elimination diet is to expand your menu with foods that are not known as extreme aggravators while the allergy tests will eliminate foods that trigger allergies.

The allergy test is highly important simply because some foods that you may be allergic to may lead to acne **regardless** of how devoted you are to the Acne No More™ System. All your efforts will be in vain unless you eliminate these foods from your diet.

Pillar 3

Detoxification Diet Plan—Gradual Toxic Discharge Prior To Juicing

In a detox diet we simply eliminate foods that are known to be toxic or acne-aggravating and consume mostly cleansing foods.

The purpose of a detox diet is practically the same as in juice cleansing, only the process will be much slower. The detox diet helps the body discharge toxic waste accumulated in the tissues, vital organs and cells by expelling them through the skin, intestines, liver, lungs, kidneys and lymphatic system.

A detoxification program will generally be conducted prior to the juice cleansing plan since it provides a more natural entry into the fast, making the juice fast cleansing process less overwhelming. Two days prior to a juice-water fasting session, I usually prefer a more intense "no-protein" detoxification diet limited to raw fruits and vegetables.

For moderate to severe cases of acne, I recommend alternating between the **Two Day Detox Diet** and the **7 day Detoxification Program According to the Ayurveda**.

Pillar 4

Stress Control And Sleep Optimization Plan—Preventing Hormonal Imbalance And Toxic Buildup

Similar to diet and fasting, reducing stress alone will not make your acne go away. The stress reduction plan should also be incorporated into your daily routine and should be combined with the fasting sessions and optimized dietary guidelines.

The stress reduction plan aims at controlling stress using various relaxation techniques such as exercise, meditating, breathing, laughing, photography and mind control exercises. The purpose of these exercises is to lower hormonal levels and to eliminate other stress-related symptoms such as blood intoxication and a weakened immune system that play a major role in the formation of acne.

The sleep optimization plan, using proven techniques, will ensure that you will enjoy a sufficient amount of sleep each night, thus preventing hormonal irregularities proven to be caused by sleep deprivation.

Pillar 5

Natural Skin Care Plan—Dealing With External Acne Factors And Nourishing The Skin

Acne breakouts can also be triggered by secondary factors such as improper or lack of external skin care, which should not be underestimated.

There are two main external factors that may lead to the formation of acne or the aggravation of it.

1. Clogged Skin Pores And Dehydrated Skin

Due to the use of harsh acne products like Benzoyl Peroxide, the use of inadequate moisturizers and mineral oils, taking too many hot showers, an excessive intake of table salt or using scrubs excessively, a dehydration process of the skin can occur where the natural renewal of skin cells (exfoliation) slows down, leading to blocked pores. Aggressive cleansing of facial skin can also trigger the body to produce more sebum to make up for the loss. Most cosmetic products are loaded with chemical toxins being absorbed into your blood through your skin.

2. Squeezing And Picking The Skin

Squeezing and picking the skin to remove blackheads or whiteheads, when done unprofessionally and without proper hygiene, can cause infection to spread deeper into the skin and may eventually turn into large cysts.

The external skin care plan will provide healthy guidelines, tips and daily techniques essential for keeping your skin clean from bacteria, removing dead cells and accelerating the healing process. In addition, it will provide proper methods on how to eliminate blackheads and nourish the skin naturally and safely. The external care plan will help the skin become more vibrant, even toned and pH-balanced without the risk of damaging it by using improper techniques or unnatural cosmetic products that can worsen, rather than improve, your skin's condition.

The external skin care plan will provide valuable information on the most effective natural skin care ingredients and products tested to be safe, antibacterial and antiseptic. Among these products you will find highly effective natural cleansers, exfoliators and toxin attractors, all beneficial to acne-prone skin.

The Acne No More™ System—Putting it All Together

The only surefire way to get rid of your acne is by completely dedicating yourself to the Acne No More™ System—the ideal combination guaranteed to deactivate the controllable factors that lead to acne.

Each program alone will not do it, and will not guarantee lasting acne-clear skin. The programs are designed to work in perfect harmony with each other leading to an acne-free environment.

While the **cleansing program** will aggressively cleanse and regenerate your elimination organs and start the eradication process of candida, **flushing** will rebuild your liver and gallbladder functions, which can only be done after your bowels are balanced and cleansed.

The **NSC plan** will further help in the eradication of Candida as it maintains a balanced and relatively toxic-free system.

The **stress control, sleep optimization and skin care programs** are aimed at preventing toxic buildup and hormonal irregularities that encourage acne formation while keeping your system balanced and your skin nourished and healthy.

The Acne No More™ System is a powerful and rewarding yet very practical program that requires devotion and discipline. Cheating here and there and cutting a few corners are acceptable and will not have much effect on the final outcome.

However, you must keep in mind that too much "creativity" on your part may simply yield poor results, so try to stay as **focused as possible on the plan**. After all, it is the labor of many hours of intensive research aimed at eliminating acne at the root in the most complete and effective way.

Keep in mind that you can e-mail me at anytime if you are facing any trouble or in need of any kind of emotional or educational support. I would love to hear from you.

I am positive that this program can be very effective to anyone with mild to moderate and even highly severe cases of acne.

This program has been proven to work and show substantial results within approximately 7-8 weeks.

Regardless of any doubts you may have or how simple it may seem, as long as you stay loyal to the principles of the Acne No More™ System and follow it closely, I promise you it will have a dramatic impact on your skin condition, it will totally prevent any new breakouts, blackheads and scarring, and have an immense positive effect on your overall health, appearance and the way you feel.

Some of my readers have found the program to be a little demanding, and it is only natural that they feel that way when we are surrounded with endless online and offline slogans promising a quick fix in 3 days with “let’s-take-your-money-and-run” acne cures. However demanding this program may be, I know one thing for sure—**it works**, and most importantly, it is simple and practical.

You may not believe it now, but it really does get easier as time passes by and even becomes enjoyable.

I urge you to give this program a chance. I promise that you will never regret it.

Introduction To The Acne No More™ Quick Results Mini-Program

The Acne No More™ System is aimed at individuals who suffer from mild to very severe forms of acne. As you already know, the main purpose of the program is to eliminate the root factors that lead to acne rather than put patches on the symptoms.

As such, the Acne No More™ System takes time, patience and persistence to complete. After years of compromise (eating the wrong foods, depriving the body of its nutritional requirements, conducting the wrong lifestyle, taking harsh and harmful medications, etc.), it is only logical that it will take time for the skin to heal itself and for the body to cleanse, rebuild its organs of elimination and get into natural balance again (an environment where acne cannot exist).

Having said that, I constantly get e-mails either from individuals with light acne or people with relatively stressful and demanding schedules (such as work-at-home moms, dot-com people, brokers, etc.) asking for a lighter, more convenient program that would better fit their busy lives.

So if you are extremely busy and cannot afford to follow all the clear skin protocols mentioned in the Acne No More™ program or if you have very light acne (no cysts, bumps or extreme inflammation and your acne covers only small areas of your face), here is a “Quick Results Mini-Program” I have created especially to suit your needs.

It is relatively short, extremely practical and easy, and if followed correctly can yield significant results on your acne condition.

Note: Although this plan is based on the same principles of the full Acne No More™ System, in most cases it won't fix the root cause of acne, and it won't clear your acne permanently. However, it will give you short-term and immediate results that you will be proud of and will hopefully give you a desire to go for the full Acne No More™ System when you have more time in the future.

The Acne No More™ Quick Results Mini Program

Practice the following protocols for a period of 6-8 weeks.

1. Cleansing And Regenerating the Bowels

Start with a 2 day cucumber fast or a 2-day [detox diet](#). If you have moderate to severe acne compliment the above with the [Ayurveda detox program](#). Throughout the plan, consume lots of rich fiber foods, and strictly avoid foods from the [acne aggravators](#) list. Conduct at least two cleansing/detox sessions at 2 week intervals. This will partly cleanse and regenerate your bowels.

2. Cleansing and Rebuilding The Organs Of Elimination

After two cleansing sessions (at 2 week intervals), conduct a 12-day [liver & gallbladder flush](#) (7 day parasite cleanse + 3 day juice cleanse + 2 day liver flush). Take your daily [detox tea](#) throughout the whole period. This will cleanse, strengthen and rebuild your liver and gallbladder function.

3. Normalizing Hormonal Production

Take 2-4 tablespoons of [total EFA](#), Extra Virgin Coconut oil, Borage oil and Cod liver oil (optional), on a daily basis and consume lots of cleansing and hormonal-balancing foods from the [skin savers](#) list. Focus on non-starchy vegetables, garlic, sprouts, maca, alfalfa, linseed, oats, celery, parsley, rhubarb, fennel, and wheatgrass. Be sure to drink at least 12 glasses of mineral/reverse osmosis water daily.

4. Supplementation

Take the following supplements each day during the program— Zinc, Lecithin, Selenium, Vitamins C, E and B complex, MSM, Magnesium, Beta Carotene, [Primal Defense](#), and [Saw Palmetto](#).

5. Kill Candida

Take the [oregano oil and the olive leaf extract](#) for several weeks after you have alkalized your system, done at least 2 detox/cleansing sessions and one liver flush. Alternate between the two anti-fungals for 4 weeks. For severe candida infection take Candigest for 30-60 days as well.

6. Skin Care

Follow the [daily skin care plan](#).

7. Stress Control Exercising, Sleep Optimization, Sunlight and Fresh Air Exposure

Follow at least one [stress control](#) protocol on a daily basis, [exercise](#) regularly and make sure you get at least 7 hours of quality sleep. Follow the [sleep optimization](#) and the sunlight/fresh air tips.

Introduction To The Acne No More™ System

The full **Acne No More™ System** is mandatory if you have mild to severe forms of acne. It should be followed as is if one wishes to achieve impressive results.

The foundation of the Acne No More™ System is an 8 week program divided into four 2-week sessions.

There is also an expanded **advanced plan** recommended for individuals with very severe forms of acne. It is far more intense yet yields the most dramatic results.

I have added live links incorporated into both Acne No More™ Systems, providing you with the luxury of jumping ahead into each program outlined in the plan without having to search for it. It is recommended, however, that you read the book as a whole before jumping to each sub-plan so you will get a clearer, broader picture.

The most important things to remember are the basic principles and guidelines of the program and the combination and order in which they appear in **Figure 1** below.

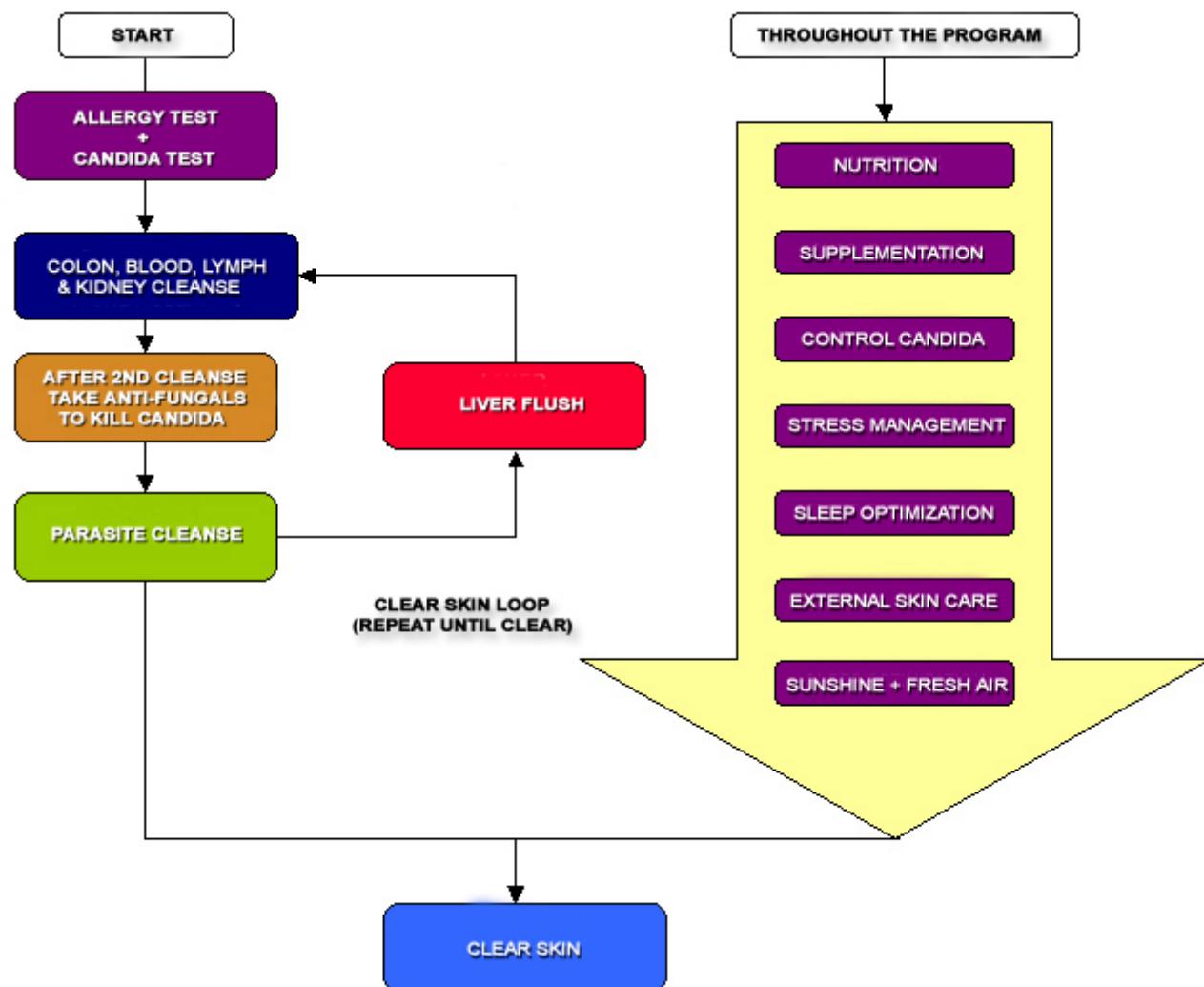
Figure2: Acne No More™ Holistic Clear Skin Solution (Basic Principles)

Figure 2 reveals the basic principles of the Acne No More™ System. You need to follow a combination of protocols in a specific order to achieve clear skin.

One of the most important preliminary steps is described as the **Clear Skin Loop**.

It is recommended to repeat this cycle of protocols (colon, blood, lymph and kidney cleansing → parasite cleanse → liver flush) until your skin is clear. Note that in the majority of cases, 2-3 cycles (as mentioned in the basic system) are enough to achieve lasting acne-free skin.

The Basic Step-By-Step Acne No More™ System

First Month

First Two-Week Session

Five days - NSC plan (emphasize: 3,4,5,10 principles)

Two days - Detoxification diet

Three day - Juicing

Two days - Intensive detoxification diet: 100% organic raw vegetables and fruits only.

Two Days - NSC plan (emphasize: 3,4,5,7,8,10 principles)

*Follow the natural acne skin care plan **On a Daily Basis**

*Practice at least two stress control techniques **On a Daily Basis**

*Exercise & follow the optimized sleep strategies & get sunlight/fresh air **On a Daily Basis**

Second Two-Week Session

Two days - NSC plan (emphasize: 3,4,5,7,8,10 principles)

Twelve Days - Liver & gallbladder flush plan

*Follow the natural acne skin care plan **On a Daily Basis**

*Practice at least two stress control techniques **On a Daily Basis**

*Exercise & follow the optimized sleep strategies & get sunlight/fresh air **On a Daily Basis**

*Conduct elimination and allergy tests + Candida test

Note: If you suffer from moderate acne or severe cystic acne, it is highly recommended to compliment each 2 day detox diet session with the 7 day Ayurveda detox program.

Second Month

First Two-Week Session

Two days - Detoxification diet

Twelve days - NSC plan (emphasize: 3-10 principles)

Follow the natural acne skin care plan **On a Daily Basis*

Practice at least two stress control techniques **On a Daily Basis*

Exercise & follow the optimized sleep strategies & get sunlight/fresh air **On a Daily Basis*

Second Two-Week Session

Twelve days - Liver & gallbladder flush plan

Two days- NSC plan (emphasize: 2,3,4,5,6,10 principles)

Follow the natural acne skin care plan **On a Daily Basis*

Practice at least two stress control techniques **On a Daily Basis*

Exercise & follow the optimized sleep strategies & get sunlight/fresh air **On a Daily Basis*

Note: If you suffer from moderate acne or severe cystic acne, it is highly recommended to compliment each 2 day detox diet session with the 7 day Ayurveda detox program.

The Advanced Step-By-Step Acne No More™ System

Two-Week Session

Five days – NSC plan (emphasize: ALL principles)

Two days – Intensive detoxification diet: 100% organic raw vegetables and fruits only

Three days – Juicing

Two days – Water fasting

Two days – Intensive detoxification diet: 100% organic raw vegetables and fruits only

*Follow the natural acne skin care plan **On a Daily Basis**

*Practice at least two stress control techniques **On a Daily Basis**

*Exercise & follow the optimized sleep strategies & get sunlight/fresh air **On a Daily Basis**

Note: If you suffer from moderate acne or severe cystic acne, it is highly recommended to compliment each 2 day detox diet session with the 7 day Ayurveda detox program.

Additional Notes On The Basic And Advanced Acne No More™ Systems

1. Regarding the NSC plan, I have emphasized specific principles you should follow at each step (emphasize: 1, 2, 3 principles). It does not mean, however, that you should neglect the other principles of the plan. It only means that you should **focus** on the specific principles of the NSC plan that were suggested.

This book is the result of months of trial and error and experimenting to find what works best and in what order. So I truly recommend that you follow these suggestions as they were written in the given order to achieve the optimal results.

There are some principles that exist in all suggestions. This is not an accident. Principles such as acne aggravators (3), skin savers (4), alkalizing your system (5), supplements, especially primal defense and EFAs (10) are crucial for your success, so I highly recommend that you follow them as you go through the program.

2. If after going through the advanced Acne No More™ System you are still not completely acne-free, keep conducting one-day liver flush sessions every week until you become clear.
3. It is advisable that you keep a diary and document your feelings, thoughts and general progress during the plan. It will equip you with an invaluable knowledge that you can benefit from as you progress.
4. No matter how overwhelming the program may seem to you now, it can be incorporated into your daily routine. During the program I worked in an office and was fully active after working hours. Furthermore, I can hardly recall any period of my life that I felt so vibrant, alive and creative as during the program.

So keep with it. It will be much more rewarding than you can imagine right now. And again, if you have any questions, please do not hesitate to e-mail me.

The Acne No More™ Maintenance Plan

Even if you have performed only the basic Acne No More™ System, it is most likely that the majority of your acne symptoms have been eliminated, your health has dramatically improved, and you feel rejuvenated and fortified.

Nevertheless, it is now even more important to maintain the results you have achieved in having acne-free skin by incorporating the following guidelines into your future schedule:

- Follow the [NSC plan](#) principles permanently.
- Practice at least two of the [stress control](#) techniques on a daily basis (meditation, exercise, laughter, photography and mental control).
- [Exercise](#) & follow the [optimized sleep strategies](#) & get sunlight/fresh air daily
- Follow the [daily skin care](#) program guidelines on a daily basis.
- Conduct a one-day [water fasting](#) session at least every two weeks.
- Conduct a three-day [juice cleansing](#) every month.
- Conduct a seven-day [detoxification diet](#) every three months.
- Conduct a [liver & gallbladder flush](#) every three months.
- Perform the basic Acne No More™ System program once a year.

Chapter 4—Cleansing And Flushing

Introduction To Cleansing

Why Cleanse?

A good cleansing program will not only release you from many disease symptoms (which manifest themselves as chronic pain, hair loss and skin disorders such as acne), it will give you mental clarity, a serious boost of energy and freedom from many negative thoughts and feelings.

When the digestive system becomes sluggish and over-toxic, it becomes weak and far less efficient. Toxic bowels lead to blood intoxication and a sluggish liver. A weak and sluggish liver incapable of handling the over-acidity and toxic overload will release toxins to other parts of the body such as the kidneys, heart, brain, skin, lymph, etc. The result is disease symptoms related to the organ where toxins have chosen to settle. Before any disease such as acne can be permanently overcome, these toxins must be removed.

A deep cleanse program will eventually help the body release toxins from the liver, kidneys and lymphatic system. If followed by a liver purge, it will strengthen and boost the function of these vital organs of elimination, resulting in a more balanced and effective internal system capable of self-healing and handling many afflictions such as acne.

The easiest, cheapest way to cleanse the colon, blood and lymphatic system is by conducting a series of juice fasts combined with several detox stimulation techniques by using mediums that absorb toxins, drinking herb teas and conducting enemas as discussed later in this chapter.

Note: If you have moderate to severe acne, the best choice would be to combine the juice cleansing session with one of the excellent cleansing kits available here: [Nature's Secret 5-Day Cleanse Kit](#) or [HEEL Detox Kit](#)

What Is Fasting?

Fasting is a simple technique where we refrain from consuming any foods or specific types of foods for a certain period of time, which allows the body to recover and heal. It is a fact that our bodies have the powerful ability to heal themselves.

When you consume food, your body is busy digesting, processing, analyzing and assimilating. When you go through stressful periods or participate in physical activity, your body is unable to focus on evacuating toxins that have entered and are being stored in your system. When you fast, your body automatically concentrates its energy on eliminating poisons and cleaning your system; it will recover and heal itself from the various disorders and inflictions it may have.

The principle is simple—we let the body rejuvenate and heal itself through the power of not eating.

Why Should You Fast?

The body is limited in its ability to evacuate and eliminate vast amounts of accumulated toxic chemicals and foreign materials that were either inhaled, created through stress and anxiety or entered our system through toxic foods that have been consumed. These toxic metals and other pollutants are hazardous to our health as they circle the blood stored in our tissues and vital organs. These poisons create a significant burden on our elimination organs such as the intestines, kidneys and liver.

As soon as these toxins enter the system, the body is in fact already in a state of disease. When our body isn't able to handle the amount of toxins circling the blood accumulated in a certain organ, we become sick.

When a sick person's system is loaded with toxins (different types of metals, medication, metabolic waste, etc.), the body searches for emergency ways to discharge these poisons. Often, the organ the body chooses to expel its waste through becomes afflicted with symptoms of a disease relevant to its nature.

If the body tries to evacuate poisons from the lungs, you may catch a cold. If it evacuates toxins through your feet, you get athletes foot. There are various

symptoms of overload toxic buildup such as headaches, stuffy nose, allergies, confusion, diarrhea and of course acne.

The skin is an alternative way for the body to discharge the overload of poisons. It is believed that chronic diseases develop once the body enters a state of extreme overload where organs are partly or completely destroyed beyond repair. Fasting is an excellent solution that relieves the body from stored toxins and allows it to strengthen, heal and fortify itself. Eventually, the fast will clean the bloodstream, cells, tissues and internal organs in general to prepare them for the extreme process of healing.

Fasting And Acne

Acne, as well as many body disorders and illnesses, responds remarkably to the process of fasting as eventually most symptoms associated with the disease practically vanish.

Fasting is a crucial step in the Acne No More™ System as it cleanses and rebuilds the organs of elimination, lays the foundation for eliminating candida, expels accumulated toxins from your body, eliminates acne inflammation, revitalizes your oil glands and normalizes hormone production.

Types Of Fasting

Many types of diets are also referred to as fasting although they aren't really so. Fasting in the strict sense of the word is simply avoiding any type of food. In that sense juice cleansing or apple/cucumber cleansing are not fasts but mono-diets.

These diets are a great way for those who have never fasted before to experience fasting. These mono-diets can also function as preliminary stages prior to liver flushing or water fasting but not as a replacement.

Unlike apple or cucumber fasts, juice cleansing is a lot more beneficial. It not only expels accumulated toxins from your body and allows it to rest (the digestive system rests during liquid fasts unlike mono-diets), but it also allows more intense cleansing while supporting the body with a variety of nutrients that supply energy and vitality, unlike mono-diets that are limited to the nutrients in the particular fruit or vegetable consumed.

That is why I always prefer juice cleansing to mono-diets.

Water fasting is very effective when it comes to healing severe or chronic diseases but it is not recommended for inexperienced fasters and cannot be combined with regular daily activities. It is always recommended to start a juice fast plan and "slip" into a water fast to make cleansing and body reactions less intense.

Fasts that are under a week long are considered short fasts. While a one-day fast, if done regularly each week, can strengthen the immune system and increase your vigor and vitality, three-day fasts will give your body a real opportunity to Improve dramatically. In 3-day fasts (including juice fasts) the body will be grateful as it is given time to thoroughly cleanse your system of years of accumulated toxic waste. However, in most cases three days are not enough time for dramatic and intensive repair and deep cellular cleansing. To allow the body to significantly strengthen, heal and be brought back to a state of equilibrium, you must find a way to go past the three-day cleansing period and combine it with a shorter water-fasting session.

General Fasting Guidelines

Finding The Time And Place

The ideal time for fasting is a time of relaxation where you are not placed under a lot of pressure or stress or required to invest a lot of energy. That is why a vacation is an excellent and effective time for fasting.

Bear in mind that healing will not happen if you spend your fasting during emotional or mental stress. A fasting period must be a time to save your energies. You must also make sure you fast in a place where there are minimum to no distractions.

Another important factor to consider is the weather. Transitional seasons are best for fasting, while fasting in cold weather is not recommended as the body temperature in times of fasting is low due to a lack of calories making the body extremely susceptible to cold.

I usually conduct my fasting sessions either from Friday till Monday in the warm holiday seasons.

What To Eat Before The Fast

Fasting is a challenge as you prepare your body for the extreme transition between solid foods and liquids. You must also prepare yourself mentally for the change.

Pre-Juice Cleansing Diet

An effective pre-juice fasting diet spans a period of at least 3 days before the actual fast. An optimal pre-juice cleansing will consist of salads, juices and fruits. You should avoid consuming refined carbohydrates, bread, dairy products, fish and any kind of meat. It is also important to drink a lot of water.

On the first day of your pre-juice cleansing diet, you should eat cooked vegetables in addition to raw salads, fruits and juices. On the second day you should stick to plain raw salads and raw fruits and drink plenty of juices. On the third day it is recommended that you eat only fruits and juices.

Be sure to follow the guidelines for optimal digestion.

Another option is to have the mono-diets as your pre-fast diets. You can have 1 day of strictly eating apples and two days of only grapes. You can replace the apples or grapes with sprouts and achieve even greater results as all these types of foods are very effective cleansers.

Pre-Water Fasting Diet

The ideal pre-water fasting diet is a 2-3 day juice cleansing. As mentioned above, a mono-diet or a pre-juice cleansing diet should be conducted before the juice cleansing.

What Happens To Your Body During A Long Fast?

There are quite a few chemical changes that occur in your body during a long fast. In the first few days of a long fast you would experience a dramatic weight loss (these are mainly water and minerals).

The next phase is characterized by muscle aches, acne, exhaustion, diarrhea and other uncomfortable symptoms of flu. This happens because the liver is now discharging lots of toxins accumulated over the years. All artificial flavorants, medications, food preservatives and pesticides find their way into the blood stream. It may seem as though your conditions is worsening, but it is not. In fact you're in a good stage of recovery and healing.

In the last stage of a long fast (the last days of a 7-day water fast) there is a much greater feeling of wellness and vitality as toxins are purged on a cellular level. You will likely feel elevated, energized and in a state of euphoria.

Cleaning Your Vegetables And Fruits (Juice Cleansing)

Vegetables and fruit that are not organically grown usually contain high levels of pesticides, bacteria and parasites. Some vegetables and fruit are more available in their organic form than others. For example, it is much easier to find organic carrots in a local supermarket or health food store than it is to find organic beets or celery.

Agricultural chemicals are hard to get rid of. Some chemicals are even found in organic vegetables. However, using the proper means and techniques it is possible to rid vegetables of most chemicals and parasites.

The most common method is to use four teaspoons of salt and lemon juice in a sink full of cold water. The vegetables are then soaked in the water and rinsed. You can also put your vegetables in boiling water. It will kill most of the germs, but this method is not suitable for the more fragile vegetables such as lettuce.

Fast-Breaking Diet

Our hunger instinct is extremely powerful, and it can be deceptive. Breaking the fast in time, especially longer than 3-day fasts, is an instinct you will develop as you get more experienced at fasting. It is very important to really feel and know when it is the optimal time to stop fasting. It is also very hard to guess.

You must not only know when to stop; you must also know how. Jumping to Burger King and having a Whopper at a time when your liver, kidneys, heart and bowels are in a very sensitive state can cause stress that may be even fatal. You do not want to stretch the fasting period beyond your needs either. You must control your ego here.

The rule of thumb is to listen to your body, and understand your needs. Try to distinguish between a false hunger drive and a real craving for food. The main difference between the two is that hunger is more gradual and starts as mere curiosity with thoughts of food, and it develops slowly. False hunger is more like a temporary panic attack. This is not hunger; it's your mind fooling you. When you get hungry, you will know it. Trust me on this.

The gradual craving for food has typical forms such as cheating a little bit, developing a curiosity for food-related subjects, etc. If it is your first long fast, it is recommended to stop the fast at that point. Otherwise, you're simply starving yourself.

When you break the fast, start by only eating foods rich in water (oranges, grapes, watermelons, tomatoes, cucumbers). Then you can work up to rich protein nut milks. You can start eating sprout soups. They can be highly satisfying. You can go with smoothies from the above fruit, but avoid bananas. They are low-water foods.

Important Guidelines

- Eat like a baby in small doses, and eat slowly.
- Stimulate the digestive glands by adding celery, clover and honey vinegar to your menu.
- Broaden your menu with green leaf salads, avocado and tamari and sesame seed dressing (Tahini).
- Eat nuts in small quantities only.
- Only after 2 or 3 days should you broaden your menu with whole grains and cooked vegetables (broccoli, potatoes, beans).

Tips For A Successful Fast

- Take an [Epsom salt bath](#).
- [Meditate](#).
- Turn off the TV.
- Go for walks by yourself.
- Switch off your cell phone.
- Limit your conversations with people.
- [Get a good night's sleep](#).

Three-Day Juice Cleanse

Introduction

A juice cleanse is a liquid diet consisting of only vegetables, fruit juice, other liquids and water. The juice extracted from raw fruits and vegetables is rich in phytochemicals, alkaline elements, vitamins and minerals, enzymes and natural sugars, all of which are absorbed directly into the bloodstream and require no effort from the digestive system.

When you do juice cleansing, you mix a lot of different concentrated and powerful fruits and vegetables such as carrots, parsley, celery, green peppers, lemon, etc., into one glass. By doing that you allow the digestion system to easily absorb most of the vegetable/fruit value.

Juice cleansing is much safer and easier than water fasting because it supports the body nutritionally as it gently and safely cleanses and detoxifies it, allowing it to focus entirely on healing itself. Only after you have practically cleansed years of toxic buildup may you take a step forward and start a water fast, which is far more intensive.

Juice cleansing operates on two levels. It expels accumulated toxins from your body, and it supports it with a variety of nutrients that supply energy and vitality. Juice cleansing supplies the body with sufficient nutrition and calories, giving you enough energy to go to work, study or whatever. You don't need to change much in your routine while on a juice cleansing fast. However, I recommend that you strive to relax during juice cleansing and refrain from hard physical activity.

Juice cleansing has freed individuals from most diseases, even chronic diseases such as leukemia, arthritis, cancer, high blood pressure, liver and kidney disorders, skin infections and acne.

During juice cleansing a lot of metabolic changes occur, and a great quantity of toxins are released from the colon, bladder, liver, kidneys, lungs and skin. The lymph and blood are detoxified. By the third day of your juice cleansing, you will lose cravings for food, and your digestive system will be at rest, allowing your colon to expel years of disease-causing toxic buildup.

If you find your first 3-day juice cleansing fast difficult, you may incorporate slices of banana or avocado into your juicing routine, though this is not recommended as it will slow down the healing process.

As for how much you should drink, I can only say you should drink as much as you please; however, you must minimize acidic and high-sugar fruit juices as these require the pancreas to produce excessive levels of insulin, which may lead to acne.

One last recommendation: Strive to buy certified organic fruits and vegetables instead of regular ones. Vegetables, especially leafy ones which are not organic, contain a high level of pesticides that would also be absorbed into your system. (see also “Cleaning Your Vegetables And Fruits”) Also, make your own juice. You should never replace freshly squeezed juices with pasteurized juice or V8 bottled juices.

The Holy Grail Of The Acne No More™ Juicing Plan

The only way to maximize the effect of a juice cleansing on your skin condition is by following the guidelines below to the best of your ability.

- Consume as many “green” drinks as possible while minimizing fruit and starchy or sugary vegetables. Don’t forget wheatgrass.
- Drink a lot of water (not from the faucet) and herb teas while minimizing nut milks.
- If you must, take only water-soluble vitamins. Take your EFAs and Primal Defense daily, but do not take any minerals.
- It is crucial to stimulate the organs of elimination and help them discharge toxins during the fast (liver, kidneys, lungs, intestines and skin).
- It is crucial to prevent the re-absorption of toxins into your blood by using daily enemas and drinking **bentonite shakes**.
- Take **digestive enzymes** on a daily basis to improve the breakup of plaque that builds in the bowels.
- Follow the [stress control](#) and [sleep optimization](#) plans.
- Follow the Acne No More™ [skin care](#) plan on a daily basis.

Basic Juice Blends

Fruit Combinations

Orange, grapefruit

Apple, watermelon

Apple, pear, pineapple

Apple, grape

Apple, cranberry

Apple, pear

Orange, pear, yam

Watermelon, lemon, orange

Pineapple, sweet potato, orange

Note: Due to high amounts of sugar found in fruit, acne sufferers should limit the intake of fruit juices to a maximum of 1 serving per day.

Carrot combinations

Carrot, beet

Carrot, beet, green pepper

Carrot, beet, green pepper, parsley

Carrot, cabbage

Carrot, spinach

Carrot, apple, alfalfa sprouts

Carrot, spinach, kale, red pepper

Carrot, celery, cilantro, garlic

Carrot, parsley, cucumber, radish

Carrot, mango

Carrot, apple, ginger

Carrot, celery stick, potato, radish beet

Note: Carrots and beets supply you with a lot of energy and vitality. However, due to a high-sugar quantity found in carrots and beets, acne sufferers should limit the intake of carrot cocktails to a maximum of 1 serving per day.

Important: Due to high amounts of sugar found in fruit, acne sufferers should limit the intake of fruit juices to a maximum of 1 serving per day. If you have severe candida infection, **fruit juices should be avoided.** Lemons and limes are an exception to that rule.

Warning: Never take beet juice alone. Always mix it with other fruits or vegetables. Beet is a very powerful cleanser, and if taken alone may cause healing symptoms to become highly intense.

Green combinations

Celery, spinach

Celery, spinach, tomato

Celery, spinach, tomato, cabbage

Celery, spinach, tomato, cabbage, lemon

Celery, spinach, tomato, cabbage, dill, garlic

Celery, spinach, tomato, cabbage, cayenne, dill, ginger

Celery, fennel (anise), cucumber

Tomato, cabbage, garlic, lemon

Lettuce, cabbage, celery, lemon

Lettuce, spinach, cucumber

Lemon, radish, beet, slice of Spanish onion, sweet potato, celery

Celery, apple, cucumber

Note: Green vegetable combinations are excellent nerve tonics, detoxifiers and blood cleansers. One drink of green combination a day will provide you with more than enough.

Especially for acne sufferers there is virtually no limit on green vegetable juice intake. I usually drink between 1-2 liters of green juice daily when I am on a juicing fast.

Wheatgrass—The King Of Greens

Wheatgrass is probably the most powerful juice available on earth. It has a great deal of chlorophyll, the green pigment found in plants (also called the blood of the plants) that has great healing powers (see chlorophyll on the NSC plan).

Wheatgrass cleans the colon, alkalizes the blood, heals wounds, purges the liver, increases enzyme activity and has lots of vitamin E and antioxidants.

The recommended serving is 2 ounces daily on an empty stomach. Do not drink too much and do not drink it too soon. It can lead to hyper-detoxification, which can result in nausea.

Other Liquids

Besides juice and water, there are several healthier options to choose from. You can drink herb teas or nut milks, for example.

Herb Teas

Herb teas are made of freshly cut dried herbs known for their culinary and medicinal values. They contain no caffeine and are highly therapeutic. Some herb teas will assist in preventing nausea and suppressing your appetite. Some will supply minerals and vitamins and some, like comfrey, are very nutritional. There is almost no limit to how much herb tea you should drink during the fast.

Examples of therapeutic and nutritional herb teas are parsley, peppermint, cloves, alfalfa, comfrey, capsicum, chamomile, rose hips and kelp.

To stimulate digestion use clove, cinnamon, nutmeg.

To stimulate the bowels use licorice, cascara sagrada.

Liver cleansing herbs: Dandelion, burdock, yellow dock root (available separately or in the daily detox tea package at:

<http://www.amazon.com/DetoxTea>).

Rich in magnesium: Kelp, parsley, garlic, peppermint

Rich in vitamin C: Oregano, comfrey, rose hips, strawberry leaves

Rich in calcium: Dandelion, chamomile, kelp

Nut Milks

Nut milks are great appetite breakers, and they are usually good for long fasts (more than 2 weeks) when your appetite develops to uncomfortable levels. Almond and sesame milks are very efficient at breaking an appetite for protein. They are as good as pre-fast diets, especially for beginners.

Mix these nuts with a teaspoon of honey and a cup of water once in two days only when you are on long juice cleansing and when you start feeling a craving for food. Nut milks are extremely high in protein and fat and are very nutritious.

Avoid cashews as they form a cashew purée (considered a breach of a fast), and their fat may slow down the detoxification process.

Note About Protein And Fasting

Protein exists in every plant on earth. It is nothing but a myth that good sources of protein can only be found in rich protein foods such as meat and cheese. Nut milks as well as wheatgrass powder can be good sources of protein during a fast but should be taken sparingly. In a detoxifying process, protein is not needed. You can practically live without protein for extended periods of time. However, an abnormal craving for rich protein foods during a fast is a sign that it is time to end the fast.

Apple Cider Vinegar

This is a powerful antiseptic and antibiotic drink. You should buy raw and unfiltered apple cider made from organically grown apples only. This drink will act as a powerful cleanser and will help maintain the acid/ alkaline balance in your intestines. Add two tablespoons to a glass of water each morning on an empty stomach.

Digestive Enzymes

To encourage the breakup of plaque that builds in the bowels, take digestive enzymes on a daily basis. I recommend: Garden of Life Omega Zyme Caplets. Available on the web at <http://www.vitaminsandsuch.com/>

Take the enzymes in the morning accompanied by a slice of fresh ginger with plenty of purified water.

Water

Whatever you do, do not forget to drink water. Water is a powerful cleanser that flushes all kinds of liquids from your bladder, kidneys and digestive tract. Water is extremely nourishing and also contains lots of valuable minerals.

It is highly important to drink only pure water. No faucet water is allowed. These waters are polluted in ways that make it a global problem. Avoid using distilled water also. This water is dead water. Try to avoid drinking spring water. Spring water is what it is named after—springs. Like most of our lakes and rivers, springs are not pure. Stick with filtered or mineral water.

Mixing lemon juice in water also has a laxative effect that stimulates the digestive system. Squeeze half a lemon into warm water. Drink your citrus blend immediately after rising in the morning and before having the bentonite clay and flaxseed shake.

During The Juice Cleanse

What To Look Out For During A Juice Cleanse

Be on the alert for any allergy symptoms. These are healing symptoms that may be similar to the symptoms of flu (fever, acne, muscle aches, weakness, bronchitis, asthma). Bear in mind that this is simply the reaction of your body to the vast amount of toxins that are now in your blood stream prior to being expelled. Wherever these toxins go, the organ they're passing through will show the symptoms of that organ-related disease. If they are trying to get out through your lungs, you'll get asthma, through your skin and you'll get rashes and acne. But don't panic; these healing events are short-lived, and the more intense they are the better your reward afterwards.

Important note: If your symptoms are truly extreme, for example, if you have a very high fever, it may be time to break the fast. By consuming food you will dilute the toxins in your blood stream, and you will feel at ease.

Note: If you have diabetes or low blood sugar, refrain from sweet juices as you do with sweet foods

How To Drink Your Juices

Especially when it comes to vegetable and fruit juices, it is highly recommended to "chew" your drink and warm it in your mouth so it will reach your body's temperature. Your juice will get mixed with saliva, which will assist your body to absorb all the nutrients found in the juice.

Also, leave your vegetables outside your fridge for half an hour before you juice them. It will help the enzymes work even better.

Exercise

Exercise is great for the skin. It provides oxygen to the skin cells and by increasing the flow of blood, it also shortens the healing process of the skin and cleans it from within. Exercise can actually help you clear your face from acne as sweat cleans your pores.

Good exercise will balance the hormone levels that are directly in charge of acne outbreaks. Also, exercise will improve the functionality of your internal organs, helping them expel toxins more effectively.

During a fasting and detox diet, it is important to get involved in some exercise activity.

Aerobic exercises like swimming, walking, jumping on a trampoline and biking are the best because they require an effort from the respiratory system without too much stress and energy. Thus the lungs increase their activity and expel toxins. The lymphatic system also removes waste.

Yoga is another exercise which is very effective in releasing toxins, oxygenating the blood and relieving accumulated tension.

Note: Do not participate in a very extreme physical activity. This includes running, jogging, weightlifting, etc. You must keep in mind that you are on a strict diet, and extreme physical activity can cause fatigue and nausea.

Helping The Organs Of Elimination Remove Toxins

Liver

The liver is an important detoxifier. In fasting it neutralizes and filters toxins coming from other parts of the body as well as expelling its own. However, it is not busy processing newly digested food. This is the time to let the liver rest and clean itself. You can use juices like wheatgrass, dandelion, parsley, lemon and grapefruit. Add a tablespoon of olive oil to squeezed lemon juice to stimulate the gall bladder to release bile.

Cara sagrada and black cohosh are great as cold compresses on the liver and gallbladder.

You can also visit your masseuse and allow him or her to physically manipulate the liver to detoxify and pump the liver slowly and gently to release toxins.

Kidneys

The kidneys have the very important role of purifying the blood and eliminating fluid waste. Drinking a lot of purified water during the fast is a real blessing to the kidneys. There are various herbs that can assist in kidney cleansing and help remove stones (e.g parsley and gravel root).

Cranberry, wheatgrass, cucumber and asparagus are also effective kidney cleansers. Taking vitamin C can aid in clearing up kidney infections if there are any.

Colon

The colon's main function is to eliminate waste. In fasting there is still waste buildup in the colon pockets, and as they begin to empty, they are left containing a variety of toxins and acids. Unless these are eliminated, they will be reabsorbed in your colon, resulting in many symptoms such as allergies and headaches.

Using enemas, flaxseeds and bentonite shakes will help the colon expel most of its toxins.

Wheatgrass and peppermint act as colon healers, whereas cascara sagrada and mandrake help with the expulsion of toxins.

Juices from apples and carrots serve as great laxatives. Practicing deep breathing may also help to regulate the elimination of toxins and help to heal the colon.

Lungs

The lungs absorb and eliminate a great deal of toxins from the air you breathe each minute. Deep breathing techniques will help the lungs eliminate pollutants much more effectively.

Yoga breathing strategies like nostril breathing can really aid the process. Drinking alacampagne and comfrey herb teas combined with mild aerobic exercise can also help.

Skin

The skin is the largest organ in your body, through which toxins are being expelled all the time. You should treat it with the respect it deserves. While fasting, it is advisable to indulge your skin—brush it, clean it and scrub it to help it expel and eliminate toxins more effectively.

Make sure your skin breathes during fasting by avoiding synthetic clothing. Take short sun baths (don't burn yourself). Take daily Epsom salt baths and steam baths to accelerate toxic elimination. Rub vitamin E and aloe vera on the skin to prevent dryness.

Take Hot and Cold Showers

Just before getting out of the shower, gradually turn the water temperature to cold for a ten second refreshment rinse. Go back and forth between hot and cold water 2-4 times. Dry off briskly, rubbing your skin.

Keeping A Diary

Good advice while on a fast is to observe your thoughts and feelings during a period without the occupation of eating and digesting. A diary will externalize your deepest feelings, and you will be able to follow changes in your attitude, notice your weak moments and differentiate between real physical hunger and pure boredom or temptation.

You will be able to observe and educate yourself from your fasting behavior. Note in your diary your interest in food and your anger about not having a “real meal.” Usually when real anger attacks you, it's a sign that the fast needs to end.

Vitamin And Mineral Supplements During The Fast

Vitamins and supplements are solid foods and thus are a breach in your fast if taken. Besides, you do not need vitamins during a fast as the highly nutritional juices (especially if organic) supply your body with almost everything it needs, and more, for that period of time. Vitamins can also disturb the delicate chemistry balance in your system.

The only vitamins you are allowed to take are water-soluble vitamins like vitamin C.

Preventing Re-Absorption Of Toxins Into The Blood Stream

Fiber and Fasting

Taking fiber during fasting can slow down the healing process of the body because it stimulates the digestive system to work. By consuming only juice and no fiber during your fast, you allow your system to rest and intensify the healing process.

However, without fiber, which is essential for sweeping toxins out of your body, toxins will not be expelled through the colon properly and may be reabsorbed into the blood. The following methods solve that problem.

Enemas

No matter what negative associations the enema might stir in your mind, doing an enema once a day during a fast is not only compulsory but also a very relaxing and even an enjoyable experience once you get used to it.

Enemas are simply meant to rinse your colon with water. Enemas are not intrusive. They are cheap and are done in the comfort of your own home. Enemas are a way of taking responsibility for your body and treating your inside organs with respect. You must help your body discharge accumulated waste that it cannot expel by itself during the fast because there is no bulk of food to help the colon discharge the waste.

One of the reasons why you should pre-fast with raw vegetarian food is that it makes your stool soft and fiber-rich, which is far easier to flush using water.

There are several types of enemas, but I recommend using the water bag enema.

The Process

- Rinse the enema bag and fill it with lukewarm purified water. A mixture of salt and baking soda can be used to stimulate the immune system. About 1 teaspoon is enough.
- Hang the bladder about three feet above the floor. This height makes the ideal water pressure.
- Use a lubricant gel to lubricate the enema tip and anus.
- You can lay on your side in a comfortable way or simply position yourself on the toilet. However, the optimal position, in my opinion and proven to be the most effective, is simply lying on the bathroom floor head down with your buttocks up.
- Relax and plant the enema tip fully into the anus and keep a steady flow of water running in. It is normal to feel slight cramps; however, if it does not feel comfortable, close the tap, relax and try again.
- Repeat the process for several times until the enema bag is empty.

You should massage your abdomen during the process. This will help the enema fluid enter deeply into the colon.

Special Enemas

You can add various mixtures into your enema water depending on your purpose to make the procedure more beneficial. For example: you can add wheatgrass to your water, which can be very effective in stimulating the liver to purge itself and can alkalize the colon. You can add acidophilus to re-establish friendly bacteria or add vinegar to maintain the proper pH in the colon.

2 tablespoons of coffee (organic, fully caffeinated) when taken into the distal sigmoid colon only, can significantly accelerate the detoxification and cleansing of the liver and gallbladder and is especially beneficial before conducting a liver flush.

Here's some more information on how you can get an enema bag:
<http://www.optimalhealthnetwork.com>.

Warning about Electrolytes

You want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate). The salts or electrolytes in our bodily fluids allow our nervous system to function properly.

As such, it is imperative to replace the electrolytes after an enema or a liver flush.

This can be done by drinking liquids such as Pedialyte, Gatorade or a glass of water with sea salts.

Psyllium, Flaxseeds And Bentonite Shakes

Psyllium and bentonite are known as excellent colon cleansers. They create a bulk of fluids as they go through the intestinal tract. They absorb and sweep food materials from blocked areas as they move.

Colon cleansers will help you get rid of an enormous amount of the food debris, which may have accumulated inside your colon. These powders should be consumed with lots of water so it will soften the bulk and prevent it from becoming too hard, which would make it difficult to pass through the intestine.

Bentonite clay and flaxseeds as a mixed shake also aid the colon cleansing process. The bentonite/flaxseed shake acts as a laxative in absorbing and binding toxins such as pesticides to form a gel and carry it out of the colon. Flaxseeds alone also absorb water.

How To Make The Shake

Mix one tablespoon of liquid bentonite with one tablespoon of ground flaxseed/psyllium in a glass of water. Take it in the morning immediately so you don't end up with a glass full of gel.

Intestinal Bacteria Replacement

Hormones, antibiotics, drugs and other toxins have a devastating effect on the friendly intestinal bacteria that are so essential in helping the body fight candida, absorb vital minerals and vitamins, get rid of the toxins accumulated due to constipation and maintain the proper pH in your GI tract.

During fasting, large amounts of toxins are being expelled from the lymph glands that also affect the survival of the beneficial bacteria. The use of an enema also depletes the friendly bacteria.

Therefore, it is mandatory that during fasting, you must make an effort to re-establish the friendly intestinal bacteria. The solution is quite simple. Take 2 capsules of acidophilus and bifidus together with one tablespoon of goat milk yogurt, and mix them together along with a half cup of warm water. Add this blend to the enema kit, and make an effort to keep the mixture inside your colon for at least 10 minutes.

By incorporating this procedure into your daily enema routine, you ensure that friendly bacteria will thrive during your fast.

Choosing A Juicer

When searching for a juicer, besides obvious factors like quality and price, you must take into consideration another highly important factor. The juicer you choose must be capable of being operated at low speeds so it will not damage the juice by having it absorb too much oxygen or heat up the juice, destroying its vital fragile nutrients.

While most juicers operate on high speeds from 1,000 to 24,000 rpm's (rounds per minute), low rpm speeds will ensure the preservation of the quality nutrients without destroying the natural flavor of the fruit or vegetable.

Choose a juicer that can be easily cleaned and is not limited to juicing only..

I found the Omega Model 8003/8005 to be the only cost effective juicer having all the above qualities and more.

It juices all types of fruits, vegetables, wheatgrass and even other solid foods like coffee beans, pasta and nut butters. It has built-in "reverse" that prevents clogging; it turns at a slow 80 rpm's, prevents heat from building up and is very easy to clean.

You can find out more on the Omega Model 8003/8005 juicer at:
<http://www.wheatgrasskit.com>.

Colonics

A colonic is a cleansing procedure where water is introduced through the rectum to clean and flush out toxins from the colon. A typical colonic session may last from forty-five minutes to an hour. This is best done under the supervision of a colon therapist, an expert in colonic. This may also be called a colonic irrigation, colonic hydrotherapy or colon irrigation.

The Colonic Procedure

After completion and examination of your complete health history checkup and consultation by the hydrotherapist, you wear a hospital gown and lie down, face-up on the treatment table.

The therapist inserts a disposable speculum, which is connected by a long disposable plastic hose to the colon hydrotherapy unit, into your anus. The therapist slowly releases warm and filtered water into the colon. The water causes your colon muscles to contract. This is peristalsis. This causes the feces to be pushed out from your colon through the hose and collected in a closed waste system for disposal.

There could be some discomfort or a weird sensation in the abdomen during the therapy. The therapist massages in and around the abdominal region during the therapy to facilitate the process. The therapist could comment on the color of the feces, although no smell would come out of the closed system. After the session, you may use the toilet to pass any residual water and stools.

Side effects

Common side effects of a colonic may include nausea and fatigue for several hours. There may be a risk of perforation of the abdominal wall. Careful monitoring is required to reduce the possibility of complications like electrolyte imbalance and heart failure due to excessive absorption of water.

People that should NOT have a colonic

People that have or are being checked for specific medical conditions like ulcerative colitis, diverticular disease, Crohn's disease, blood vessel disease, severe hemorrhoids, heart disease, congestive heart failure, gastrointestinal cancer, abdominal hernia, severe anemia, or intestinal tumors should not have a colonic. You should refrain from having a colonic if you have undergone any recent surgery of the colon. Pregnant women should not have a colonic as it could stimulate uterine contractions.

Preparation for a colonic.

Before the colonic, drink plenty of fluids and eat only lightly.

After a colonic

After the colonic, eat very light foods. I also recommend that you eat probiotic foods to restore the good bacteria in your gut. Avoid raw vegetables for a few days.

Water Fasting

Water fasting is very different from juice cleansing in many ways. It is not for everyone. It requires a lot of discipline and willpower.

Water fasting is an aggressive body cleansing where toxins are expelled very quickly. Water fasting is often more beneficial than juice cleansing as the intensive cleansing and rebuilding process can handle more resistant and stubborn diseases—including a severe form of acne.

It also is very demanding as it requires special conditions.

Special Conditions For Water Fasting

- **Rest.** You must avoid all forms of mild to hard physical activity. You must minimize talk, refrain from driving, working, watching TV, sexual activity, listening to the radio, being surrounded by too many people or be in a highly demanding or stressful environment. You can read, lie in the sun (for a limited time), meditate, but keep to yourself.
- **Environment.** The fast must take place in a quiet, preferably remote environment with clean fresh air.
- **Prepare yourself mentally.** Clear your schedule of any type of responsibility, and treat the fast as a vacation from your daily life.
- **Do not drink water straight from the faucet.** Good quality water will be mineral or filtered water (Brita).
- **Do not embark on a water fast without having sufficient quality fuel storage.** Because water fasting is fasting without any calories, it forces the body to get fuel from its own emergency supplies, you must make sure you have quality, clean fuel and not toxic fuel (energy resources). That is why it is always recommended to perform a juice fast session followed by a shorter water fast.

The advanced Acne No More™ System suggests a 3-day juice cleansing followed by a 2-day water fast. It is also advisable to conduct the juice cleansing 3 days before the weekend and the water fasting on the weekend.

Before the 5-day, juice-water fasting session, the Acne No More™ System recommends a 7-day detox diet to ensure that the cleansing process during the water fast will be intense, but tolerable.

Water fasting is by far the most effective, powerful and rewarding form of fasting. The body responds magnificently towards water fasting, and it works very intensively to discharge acids, byproducts and other toxins out of your system.

I have personally witnessed people inflicted with very aggressive forms of acne who had tremendous, almost magical results with water fasting. It is truly the ultimate regimen.

Intensive and powerful, water fasting will revitalize and perform a significant cleansing and rebuilding, but it will not cure your acne from the root and for the long term. Although I have mentioned witnessing acne sufferers who have been completely cleared after a couple of water fast sessions, I strongly claim that it must be combined with an effective detox diet, juice cleansing session, optimized diet plan and stress-sleep control program for more impressive and lasting results.

Water fasting and cleansing the kidneys

Although an optimal diet combined with drinking huge amounts of purified water is sometimes all it takes to clean the kidneys, this can also be achieved with a detox diet, juice cleansing or mono-juice cleansing (apple juice or watermelon juice). But the best kidney cleanse protocol by far is water fasting. Water fasting is especially suitable for people with sensitivity to sugar (acne sufferers, diabetics) who suspect they have kidney stones. In water fasting huge kidney stones will be dissolved and expelled as little stones out of your body.

The Healing Crisis and How To Survive It

Every mild cleansing phase like the NSC plan (altering your diet and taking herbal supplements) or extreme sessions such as the parasite cleanse, 3 day juicing or the liver flush, may trigger a healing crisis in which detoxing or die-off symptoms manifest. The healing crisis is a natural part of the elimination process on the path to clear skin, when the body works to regenerate itself and expel waste products through all elimination channels.

When bacteria or parasites die during the cleaning process, these microorganisms release toxins and ammonia. The liver releases stored toxins into the blood stream that also promote familiar healing crisis symptoms. The more intensive the cleanse the faster the toxins are released into bloodstream and the worse you are going to feel.

Here are the most common detoxification related symptoms: Headaches, fever, whiteheads and acne cysts, diarrhea, weakness, irritability, mental depression and nausea.

What you must realize is that once you start improving your diet and lifestyle and begin any detoxification process, **things are naturally bound to get worse before your condition gets better.**

The intensity of the detoxing symptoms as well as the healing process depend on several individual factors: your skin type, the severity of your acne condition, your previous lifestyle, the condition of your elimination organs, how many toxins and in what quantities are stored in your system, your energy levels, allergies to certain foods and how effectively your body reacts to the program.

There are in fact several stages for detoxing in which toxins are being expelled gradually and from different parts of your system.

There are also three stages of healing you want to become aware of: At first the body starts to clean and rebuild the vital internal organs. This stage depletes energy from your body, which can lead to feeling weak and tired. My advice is that you sleep and rest as much as possible throughout this stage.

The second phase is catabolism: the body starts removing waste material, undigested food, chemical and hormone residues and releases them into the blood and lymph. During this phase your acne may get worse and you also start experiencing the familiar detoxing symptoms discussed above. Gradually these symptoms will abate and your skin condition will slowly improve.

The final stage is anabolism: the body starts building new tissues and replacing old tissues. This usually causes your energy levels to increase significantly.

The two most important rules during detoxification are: to rest as much as possible during the 3 stages (this will accelerate the healing process) and to accept the detoxification process as a natural part of healing. Be happy with it. Embrace it.

While recovery time varies from one person to another (since it depends on numerous individual factors), it usually takes approx 8-16 weeks for the healing crisis to end and for the detoxing symptoms to abate.

Liver And Gallbladder Flush

Introduction

The liver is one of the most important organs responsible for the health of your skin as it purifies your blood from toxins and rebalances your hormone activity (by deactivating used hormones and expelling them from your system).

As discussed earlier, the liver functionality itself is not the cause of your acne; it is only a factor, a part of the huge puzzle among other factors that cause your body to be in a state of imbalance. Your acne, whether or not it is caused by genetic sensitivity of the oil glands, is just a sign that your body should be restored to a state of equilibrium.

Fasting is an ideal method of getting your system back into a state of balance. However, in order to achieve complete inner equilibrium, you must go one more step beyond fasting.

As part of your fasting routine, you had to help the organs of elimination get rid of toxins. As you remember, you achieved that by getting a massage and pumping your liver to help it detoxify more effectively by drinking certain herbs, olive oil and lemon juice, which helped the gallbladder to remove bile. However, fasting alone will not remove stones, which you may have stored in your liver and gallbladder ducts, preventing your liver from effectively expelling toxins out of your system.

Though some people have reported getting rid of stones using only bowel cleanse, it is still not a reliable way of eliminating liver and gallbladder stones and certainly not a substitute for a liver flush.

Only by conducting a liver flush, in addition to your fasting routine, will you be able to cleanse your liver and gallbladder from most stones, crystals, gravel and debris that hinder your body's detoxification and healing.

A liver flush will help your liver to become significantly cleaner and so be able to efficiently purify your bloodstream by eliminating toxic buildup.

Unlike unnecessary gallbladder surgery, a liver flush is a simple, painless, safe and fast procedure that is done at home. It uses cheap ingredients and has no side effects.

Many chronic patients (higher back and shoulder pain, psoriasis) have reported a dramatic change in their well-being after the first liver flush.

A liver flush has a remarkable impact when it comes to acne as it not only cleanses the liver but also improves its functionality. A liver flush also dramatically improves blood circulation and digestion (secondary factors affecting acne).

I have personally gone through this routine seven times with no side effects, and it has yielded surprising results on my skin condition. My hair got glossier, and my scars healed much faster.

Many acne sufferers who have performed a liver flush have seen great improvement on their acne even without conducting regular fasting sessions or following the acne dietary guidelines.

However, it is my belief that in order to achieve lasting, acne-clear skin, you have no choice but to combine a liver flush with the other dietary, fasting and relaxation routines.

For maintenance, a liver flush should be conducted twice a year.

Warning:

- 1. Always consult your doctor before attempting the following liver flush procedure. If you fail to do so, you are acting at your own risk.**
- 2. Make sure you are able to tolerate Magnesium Sulfate (Epsom Salts) before you attempt to consume 4 tablespoons. People unable to tolerate Magnesium Sulfate may suffer negative reaction.**
- 3. The flush should be performed only after following a bowel cleansing program and an anti-parasitic regimen.**

If these steps are not performed first, the liver cleanse can be a traumatic (and unproductive) experience since the amount of refuse produced by the cleanse can tax the kidneys if they are not clean, and parasites can block the flow of bile, leading to painful pressure.

If directions are followed exactly, the procedure is always painless, even for those well into their 80's, according to Hulda Clark, and that is based on over 500 of her cases. Although the procedure sounds daunting and distasteful, it is quite easy.

The flush will produce a multitude of what looks like balls of lard which contain crystals that are like salt. They are called "stones" but are really crystals encased in cholesterol, fat, and olive oil. Larger stones will also be encased in the substance and should not produce pain when passed through the bowel. In addition, the Epsom Salts will open the bile duct valves so you will actually feel nothing as a train of stones travels along the bile ducts like marbles.

If you are pregnant or nursing or if you know or suspect you have a compromised liver or gallbladder including gallstones, polyps, shriveled, or inflamed or diseased kidneys, do not attempt this flush.

Warning about Electrolytes

You want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).

As such, it is imperative to replace the electrolytes during and after the liver flush. This can be done by drinking liquids such as Pedialyte or Gatorade during and after the liver flush.

Alternative to Pedialyte: <http://www.vitacost.com/Alacer-Emergen-C>

Preliminary Steps

1. Make Sure Your Mouth Is Metal Free

Before entering the program you must make sure you have eliminated all dental problems. It is also recommended that you replace any mercury fillings you may have so your mouth is free of metal. The reason for this is that a toxic mouth can put a lot of stress on the liver, especially after it has been intensively cleansed.

2. Optimize Your Diet – 10 Days Prior to Liver Flushing

For ten days prior to the liver flush make sure your diet is optimized according to the NSC guidelines. Focus mainly on alkalizing raw vegetables and sprouts. Take your EFAs, extra virgin coconut oil, and lecithin. Take one serving a day of sulfur rich foods such as: broccoli, cabbage, raw garlic, onions, leeks or cauliflower. Your diet should be low on fruit, starch and protein as these will hinder liver detoxification.

3. Soften Your Liver Stones- 7 Days Prior to Liver Flushing

For seven days prior to the liver flush, take 10,000 to 20,000 mg Malic acid on a daily basis. The Malic acid will soften and breakup liver stones. You can find Malic acid here: <http://www.evitamins.com/product.asp?pid=451>

4. Getting Rid Of Parasites—One-Week Program

According to Dr. Hulda Clark (author of the famous book *The Cure for All Diseases*), an effective liver flush cannot be performed when there is a chance for living parasites inhabiting your body.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them with (especially sugar). They grow healthy and fat and may remain in your body for decades without you even knowing it.

These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This results in many illnesses such as severe allergies, arthritis, anemia, digestive problems and more. Some parasites can

grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create toxic overload.

Before attempting a liver cleanse, you must kill the parasites that inhabit your body. Otherwise, you will not be able to get that many stones out, and you will experience harsh illness symptoms.

The most effective and natural way I have found to eradicate parasites is taking wormwood, cloves, black walnut and garlic herbs daily for the whole week. This will kill most parasites. However, as parasites secrete ammonia (which is a powerful toxin), you might feel slightly ill in the process, but do not panic. It is only for a short while.

An excellent black walnut and wormwood tincture is available at:

<http://www.vitacost.com.>

Other good alternatives for killing parasites are consuming plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude. Raw pumpkin seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, coconut oil is also highly effective for killing parasites. It should be added to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<http://www.vitaminsandsuch.net.>

It is important to note that during the parasite eradication week, you must focus on the basic principles of the NSC plan (consuming at least 75% raw foods plus whole foods, high alkaline and cleansing foods).

5. Three-Day Apple or Vegetable Juice Cleansing

Before the flush a good practice is to soften and dissolve the gallbladder and liver stones to ensure their easy exit. A 3-day organic apple juice cleansing should do the job, as well as cleansing your kidneys (also necessary for the flush).

The pectin found in the apples will soften the stones and help their passage through the bile ducts. The apple fast opens and empties the intestines as well, which helps the passage of stones on their way out.

The three-day apple juice fast is basically a three-day juicing fast that is limited to apple juice and should be followed by the same guidelines as a regular juice fast including herbal teas and daily enemas, which help the organs of elimination expel toxins.

The purpose of the apple juice fast goes beyond softening the liver and gallbladder stones. The daily enemas (or preferably colonic hydrotherapy) will cleanse the colon, thus preventing the toxins expelled from the liver from getting trapped in a congested colon.

Note: If you feel a three-day apple juice fast is too hard on you, conduct a three-day mono-diet instead (eating only raw apples or raw cucumbers for three days). The best kind of apple for this purpose is Golden Delicious.

Important: If you have failed the candida test, I would recommend conducting a three- day cleanse based on mostly cucumbers or green vegetables and no fruit due to the high sugar content.

Note: A general rule of thumb regarding juicing is that you must diversify with as many types of vegetables as possible, (excluding starchy vegetables like potatoes or acidic vegetables like tomatoes) while minimizing fruits, especially those which contain large amounts of sugar like carrots and beets.

One-Day Liver And Gallbladder Flushing

Ingredients:

- ½ cup olive oil extra virgin
- 3 lemons
- 4 tablespoons Epsom salts (available at: <http://www.boots.com>)
- 3 cups water

Practical Steps

The flush is ideal to conduct on a day like a Saturday when you have no work the next day, allowing you to rest.

Break the apple juice fast by having a 100% raw vegetable and fruit breakfast with absolutely no fat added.

Have the same lunch (limited to only raw fruits and vegetables, adding some salt, if desired, to build pressure in the liver), but do not eat after 2 o'clock in the afternoon.

2:00 p.m.

Mix your Epsom salts in 3 cups water, and pour the mixture into a jar. Leave it in the refrigerator.

6:00 p.m.

Drink $\frac{3}{4}$ cup from the mixture and drink two cups of water afterwards.

8:00 p.m.

Take another $\frac{3}{4}$ cup from the mixture.

9:45 p.m.

Mix half a cup of olive oil with juice from the 3 lemons, and pour the mixture into a jar. Shake it well and store in the fridge. Finish your evening chores, visit the bathroom and get ready for bed.

10:00 p.m.

Standing up next to your bed, drink all the olive oil mixture you have made. Sip the mixture slowly for about 5-15 minutes and lie down immediately flat on your back with your head up for 20 minutes. You may feel the stones traveling from your liver and gallbladder painlessly. Try to sleep on your left side with your right hand pulled up to your chest.

Note: Throughout the day it is also recommended to consume between 5-9 glasses of the liver detox tea. Some people drink a liver detox tea right after they have taken the citrus and olive oil mix. I personally prefer not to mix those together, but I do drink lots of liver detox tea prior to the lemon/oil mixture (throughout the day).

7:00 a.m.

Upon waking (not earlier than 6 a.m.), take a third dose of the Epsom salt mixture. At that stage you should expect diarrhea. Look for greenish stones in your stool. Gallstones will float because they contain cholesterol. You may find some tan-colored floating crystals that are not round in form. These are crystals from the bile ducts.

9:00 a.m.

Take your last dose of the Epsom salt mixture, and go back to bed.

11:00 a.m.

You may eat your first fresh fruit and vegetables. It is advisable that you start with fresh juices and not solid fruits or vegetables. Only two hours later can you go back to eating regular foods again, but take it slowly.

Conclusion

At this point you have cleansed your liver, gallbladder and bile ducts and removed a significant amount of stones and residue. However, you must consider this as your first try. Conduct several more flushes for the following month (every two weeks) to get rid of all your gallbladder and liver stones.

Bear in mind that most people do not get gallstones in their first liver flush. You must be patient! Wait 1-2 more weeks before you do another liver flush.

I did not pass any stones on my first two attempts, however on the third try I eliminated almost 400+ gallstones in one liver flush. The condition of your liver was not caused by 1 day of poor dietary habits - we can't expect it to be solved by just 1 day of liver flushing.

What To Do After Each Liver Flush

It is highly recommended that after each flush the colon is cleansed to ensure there are not any gallbladder or liver stones trapped inside,

- I usually conduct one or two enema routines after each flush to make sure there are no residues.
- Take several Primal Defense capsules to re-balance your system.

Detoxify your liver and build liver function by taking the following herbs: Dandelion Root, Burdock Root, Yellow Duck root, Oregon Grape Root, Milk thistle and Astragalus. They are available on the web at:

<http://www.VitaCost.com>.

As mentioned earlier, if you are not completely clear or showing significant improvement after the second flush, keep conducting short liver flush sessions until you are acne-free.

Chapter 5—Detoxing For Clear Skin

What Is Detoxing?

In a detox diet we simply eliminate foods that are known to be “provocative” (spicy, hot, fatty), toxic and acne-aggravating and consume only cleansing foods.

The aim of a detox diet is practically the same as juice cleansing—to allow the body to discharge toxic waste accumulated in the tissues, vital organs and cells and get rid of these stored toxins temporarily through the skin, intestines, liver, lungs, kidneys and lymphatic system.

When we have a great volume of toxins stored in our system that the body can no longer cope with, these toxins are expelled through the lungs and skin instead of (or in addition to) the normal channels (bowels, urine), thus leading to acne.

When we detox, we help rebuild the natural elimination process and restore the acid/alkaline balance.

A juice cleansing is actually another type of detox diet, only that it is more extreme and is limited to liquids only. While a juice fast consists of nothing but cleansing elements such as fruits and vegetables in their liquid form, in a detox diet we also eat solid foods. These solid fruits and vegetables are excellent cleansers that help the body expel lots of waste during the detox plan. However, because they are solid foods, the body is not able to thoroughly discharge toxins, rebuild and fortify itself in a radical fashion as it can in a state of a liquid fast.

In a detox diet we need to perform special tasks in addition to the special food restrictions such as taking nutritional supplements, drinking a lot of water, exercising, skin brushing, doing breathing exercises and taking Epsom Salts baths and saunas.

The main purpose of these additional activities is to help the body as it discharges toxins through the main channels of elimination by stimulating these organs so that the detox process will become more effective.

Symptoms While Detoxing

In a detox diet plan you may feel slightly fatigued or less energized, which is why you are required to rest and sleep well during the plan.

Detox diet plans range between two and 14 days. I usually recommend taking the two to seven day detox plan as it is more than enough to pre-cleanse the body and prepare you for the juice fast.

As with the juice fast, you may experience disease symptoms during the detox, especially if you have been consuming a lot of food from the “acne aggravators” list in the past. The symptoms include headaches, runny nose, bad breath, bloating, weakness, tiredness, nausea and acne.

All these symptoms are a good sign that your body is in fact discharging toxins. These symptoms are also temporary and should significantly decrease as soon as your body becomes more balanced and cleansed.

Daily Guidelines During Clear Skin Detoxing

- Drink a lot of filtered or mineral water, at least a glass per hour. Mix the water with several drops of lemon.
- Drink a lot of daily detox tea.
(available at: <http://www.amazon.com/DetoxTea>)
- Take two tablespoons of extra virgin olive oil on an empty stomach each morning.
- Eat only fresh fruits and vegetables, nuts and seeds.
- Eliminate toxic metals by eating garlic. Add 2-3 cloves a day to your meals.
- Take a sauna for approximately 20 minutes every other day.
- Brush your skin each morning before taking a bath.
- Exercise each morning and evening.
- Meditate in the morning and before going to bed.

What To Eat During Clear Skin Detoxing

Here is a list of recommended super foods that you should acquire for the clear skin detox plan:

- Broccoli
- Sprouts
- Blueberries
- Onions and garlic
- Carrots
- Watermelons
- Apples
- Spinach
- Grapes
- Nuts and seeds, raw Brazil nuts, sesame seeds, sunflower seeds, almonds, pumpkin seeds and avocados.

What To Avoid During Clear Skin Detoxing

In a detox diet you need to totally refrain from:

- All kinds of meat, dairy products and fish
- All refined carbohydrates
- Processed foods
- White sugar
- Wheat
- Caffeine
- Chocolate
- Alcohol
- Tobacco
- Fried or cooked meals. Stir-fry is acceptable but in moderation.
- Grapefruit should be avoided since it affects the production of liver detoxification enzymes.

Suggested Two-Day Clear Skin Detoxing

This is only an outline of my recommended two-day detox diet. I realize that at first glance the detox diet suggestion may seem a bit extreme and challenging. I am aware of that, but bear in mind that as you gain more experience and see an improvement in your skin condition as well as your well-being, things are bound to get easier.

At the beginning you might suffer from acne breakouts along with slight dizziness, headaches and weakness. All are symptoms indicating your body is detoxifying and reacting as it thoroughly cleanses itself.

The more you advance through the Acne No More™ System, the cleaner and stronger your organs of elimination will become. You will suffer less from breakouts, and detoxing will be less intensive and even fun.

Note that the detox plan suggested in the Advanced Acne Clear Plan is slightly more aggressive in nature (restricted to raw fruit and vegetables only). This is aimed at making the transition to the five-day fasting session less intense.

Day 1

8:00 a.m.

A glass of still mineral water at room temperature with half a squeezed lemon in it.

Take 2 tablespoons of extra virgin olive oil + 3 cloves of raw crushed garlic.

8:30 a.m.

Skin brushing followed by a warm bath

9:00 a.m.

Apple and carrot juice (good alternative: wheatgrass juice)

9:30 a.m.

A glass of filtered or mineral water + daily detox tea

10:00 a.m.

Handful of raisins

10:30 a.m.

A glass of filtered or mineral water

11:00 a.m.

Handful of walnuts

11:30 a.m.

A glass of filtered or mineral water + daily detox tea

12:00 p.m.

Low-sugar vegetable soup

12:30 p.m.

A glass of filtered or mineral water

1:00 p.m.

One apple and one cucumber

1:30 p.m.

A glass of filtered or mineral water + daily detox tea

2:00 p.m.

Handful of grapes

2:30 p.m.

A glass of filtered or mineral water

3:00 p.m.

5 Brazil nuts

3:30 p.m.

A glass of filtered or mineral water + daily detox tea

4:00 p.m.

Handful of grapes

5:00 p.m.

A glass of filtered or mineral water

6:00 p.m.

Low-sugar vegetable salad

7:00 p.m.

A glass of filtered or mineral water

8:00 p.m.

Meditate. Drink a glass of filtered or mineral water + daily detox tea.

9:00 p.m.

A glass of filtered or mineral water

10:00 p.m.

A glass of filtered or mineral water + half a lemon squeezed in it

11:00 p.m. Sleep

Day 2

8:00 a.m.

A glass of still mineral water at room temperature with half a squeezed lemon in.

Take 2 tablespoons of extra virgin olive oil + 3 cloves of raw crushed garlic.

8:30 a.m.

Skin brushing followed by a warm bath

9:00 a.m.

Beet and carrot juice (good alternative: wheatgrass juice)

9:30 a.m.

A glass of filtered or mineral water + daily detox tea

10:00 a.m.

Handful of grapes

10:30 a.m.

A glass of filtered or mineral water

11:00 a.m.

5 Brazil nuts

12:00 p.m.

A glass of filtered or mineral water + daily detox tea

12:30 p.m.

Low-sugar vegetable salad

13:00 p.m.

A glass of filtered or mineral water

13:30 p.m.

Handful of raisins

2:00 p.m.

A glass of filtered or mineral water + daily detox tea

2:30 p.m.

Handful of walnuts

3:00 p.m.

A glass of filtered or mineral water

3:30 p.m.

Two green peppers

4:00 p.m.

A glass of filtered or mineral water + daily detox tea

5:00 p.m.

Handful of pumpkin seeds

6:00 p.m.

A glass of filtered or mineral water

7:00 p.m.

Tomato soup

8:00 p.m.

A glass of filtered or mineral water + daily detox tea

9:00 p.m.

Meditate

10:00 p.m.

Take an Epsom Salts bath followed by a clay mask. Drink a glass of filtered or mineral water + half a lemon squeezed in it.

11:00 p.m.

Sleep

Detoxification Program According to the Ayurveda

Ayurveda (yus meaning "life" or "life principle", and the word veda, which refers to a system of "knowledge") is an ancient Indian system of health care that is presently in daily use by millions of people in India, Nepal and Sri Lanka.

This Ayurveda detoxification program should be followed for seven to 30 days. The detoxification program consists of three elements:

1. Ayurveda Detoxification Diet

- Kitchari (Split yellow mung beans, brown basmati rice, vegetables, ghee, spices)
- Radish soup
- Boiled hot water
- Ginger tea
- Boiled hot water at room temperature

2. Ayurveda Detoxification Herbs

- Detoxification herbal formula

3. Ayurveda Detoxification Lifestyle and Meditation

1.The Ayurveda Detoxification Diet

Basic Guidelines

- · Eat Kitchari and radish soup for breakfast, lunch and dinner on a daily basis. No other food should be eaten.
- · Eat small amounts of food often throughout the day. Do not eat too slowly or too rapidly. Avoid big meals.
- · Drink between meals or you can sip one cup of ginger tea or hot boiled water with your meal
- · Do not talk while chewing your food
- · Eat in a calm atmosphere
- · Show gratitude to the person who made your meal
- · Avoid any distractions while eating.
- · Eat only when you are hungry.
- · Try to eat organically grown food as much as possible
- · Eat freshly cooked food as it contains maximum life force.
- · Eat hot foods and drink hot drinks. Avoid cold foods, cold drinks.
- · Avoid caffeine, smoking, alcohol and refined carbohydrates
- · Drink ginger tea
- · Drink boiled purified or hot mineral water

Kitchari

Kitchari is a medicinal mixture of grains and spices. It is a complete meal aimed at correcting digestive disorders. While some recipes include white basmati rice, I have chosen the healthier alternative of brown basmati rice instead. The combination of brown rice, vegetables and mung beans in kichari represents a perfect combination of life-sustaining protein, fiber and carbohydrates.

Benefits of kitchari

- • Stimulates digestive enzymes
- • Eliminates toxins deeply embedded within your tissues
- • Removes gas and bloating from your abdomen
- • Improves your immunity
- • Breaks apart toxins
- • Unblock channels within your body
- • Removes drowsiness within your mind

Kitchari Recipe

The Kitchari recipe should be cooked fresh every morning and eaten throughout the day.

Ingredients

- 1-cup brown basmati rice (rinsed 7 times)
- 1-cup split yellow mung dhal (rinsed 7 times). Use only split yellow mung dhal, it removes gas instead of causing gas
- 1 green chilli (chopped)
- 1 tablespoon of ghee
- 1 tsp of mustard seeds
- 1 tsp of turmeric, fennel, cumin, coriander powder
- 1 large piece of fresh ginger (finely chopped)
- Pinch of hing (asafoetida)
- 3-4 whole cloves
- 3-4 cardamom pods
- 3 liters of boiled hot water

- 1-2 finely chopped vegetables (Bok choy, pak choy, asparagus, green beans, sweet potato, pumpkin, zucchini, radishes, squash, English spinach, leafy greens)

Preparation of kitchari

Carefully pick over rice to remove any stones. Wash each separately in at least two changes of water. Put basmati rice and split yellow mung beans in a bowl. Rub mixture between your hands for 30 seconds. Drain the water and repeat the above action seven times until the water is clear.

Heat one level tablespoon of ghee on medium heat. Add mustard seeds and fry. Add the green chili, fresh ginger root and other spices and vegetables. The turmeric should be added last. Fry the mixture for one minute.

Now, add the brown basmati rice and split yellow mung beans to the mixture and stir on medium heat for one minute. Add three liters of boiled hot water, cover and simmer for 30 minutes.

Radish soup

Radish soup is a very powerful toxin eliminator. It burns up toxins, enhances digestion and clears mucus.

Ingredients

- Several chopped radishes
- 1 teaspoon of green chili or black pepper
- 1 teaspoon of ghee

Preparation of radish soup

1. Heat ghee
2. Stir fry the black pepper powder or chili for one minute.
3. Add the chopped radishes and stir fry for one minute
4. Bring four cups of water to a boil
5. Add the boiled water to the mixture and cook on a low heat. The radish soup should be cooked until soft.

2. The Ayurveda Detoxification Herbs

Take the following powerful detoxification herbal formula that contains nothing but raw, potent herbs. It will break up and remove toxins deeply embedded within your tissues, organs and cells.

Mix the following herbs together and take 1 teaspoon 3 times a day before each of your meals followed by a quarter glass of warm water:

- Chitrika powder (5 grams)
- Trikatu powder (10 grams)
- Triphala powder (20 grams)
- Guggulu powder (20 grams)
- Guduchi powder (25 grams)

3. The Ayurveda Detoxification Lifestyle and Meditation

During the Ayurveda detoxification program it is extremely important to adhere to the following principles as part of your daily routine:

- Avoid air conditioned atmospheres
- Avoid excessive exercise
- Avoid excessive mental and emotional strain
- Avoid sitting or sleeping on hard seats or beds
- Avoid excessive talking
- Avoid alcohol, drugs and smoking cigarettes
- Avoid exposure to loud noise
- Avoid too much exposure to television and computers
- Avoid overworking and late nights
- Get fresh air but avoid direct cold winds at all cost
- Get 10 to 20 minutes of sunlight on your whole body
- Shower with warm/hot water
- Go to bed early and wake at sunrise.
- When having bowel movements, sit on the toilet and use a small stool under your feet. Have a complete bowel action.
- Get full physical, mental, and sexual rest
- Scrape your tongue with a tongue scraper from back to front several times a day to remove any white coating on your tongue
- Floss and brush your teeth (you can use baking soda or Neem herbal toothpaste).
- Gargle for one minute using sesame oil and then spit it out.
- Wash your body either before dinner or before bed. Never shower directly after eating.
- Meditate for 10 minutes to several hours before going to sleep. While doing so focus on where your ill symptoms are the worst in your body. This will remove your pain and suffering as you self-heal.
- Sleep on your left side with your head to the south and feet to the north.

Chapter 6—The NSC Plan—The Secret Weapon Of Nutrition, Supplementation & Candida Eradication

Introduction

To achieve lasting acne-free skin, the NSC plan must become a natural part of your daily routine.

The NSC plan alone will not eliminate your acne. To achieve optimal results, the NSC plan has to be combined with fasting sessions, liver flushes, stress control techniques and the daily skin care plan.

The main purpose of the NSC plan is to ensure your system will stay toxin-free while maintaining the proper function of the organs of elimination that are now (after the fasting sessions) more cleansed, rejuvenated and regenerated.

Furthermore, by including the intake of essential supplements (vitamins, minerals and herbs), the NSC plan will help the skin heal itself, maintain hormonal balance and re-establish friendly bacteria. When combined with anti-fungal agents, (specific herbal supplements) it will help create a candida-free environment in your body.

The NSC plan will ensure you are not consuming the wrong food that will cause skin inflammations, make your blood toxic and disrupt your hormonal balance. The optimized acne diet will encourage the consumption of cleansing, hormone-balancing and preferably raw and alkaline foods that will help keep your blood clean, maintain the proper blood pH, aid digestion, enhance nutrition absorption and help the body discharge waste while preventing the accumulation of destructive poisons.

As part of the NSC plan, you will also perform a food elimination diet and food allergy test. The purpose of these is to expand your menu with foods that are known acne aggravators while eliminating food that causes you allergies. The allergy test is very important simply because some foods that you are allergic

to may lead to acne, regardless of how devoted you were to the Acne No More™ System. All your efforts will be in vain unless you eliminate these foods from your diet.

Here are the Ten Commandments of the NSC plan:

1. Balancing Your Diet Using The Right Building Materials
2. Eliminating Allergenic Foods
3. Minimizing Or Completely Eliminating Toxic Foods Or Foods That Contribute To Hormonal Imbalance
4. Consuming Lots Of Cleansing And Hormone-Balancing Foods
5. Maintaining A Healthy Alkaline/Acid Balance
6. Consuming At Least 75% Raw Food
7. Cultivating The Friendly Bacteria
8. Building A Candida-Free Environment
9. Optimizing Digestion By Adopting Correct Eating Habits
10. Taking Complimentary Skin And Hormone-Balancing Supplements

(1) Balancing Your Diet Using The Right Building Materials

While taking vitamins, minerals and water are an essential part of any healthy diet, the human body also needs other materials to ensure its growth and proper maintenance. These materials are the building blocks of the body that also supply energy and are required for various inner processes that are part of our survival.

These building materials are carbohydrates, fats and protein.

Fiber is another healthy dietary factor that is also highly essential as part of the acne-free diet plan.

In this chapter I will briefly address each of these four factors.

A lot has been said about the proper balance among carbohydrates, fats and protein as part of a healthy diet providing the ideal energy source. The truth is there is no proper balance that can be served as a ground rule for everyone. There are many factors that determine the correct ratio among the four. They vary from one person to another, and they vary according to levels of activity, state of health and short and long-term purposes.

By following the guidelines in this chapter you should be able to have a good picture of how your diet should be planned as you incorporate these essential elements into your diet.

Carbohydrates

There are four types of carbohydrates:

Simple—natural sweets like maple syrup, molasses and 100% pure unheated raw honey. These carbohydrates enter your system and burn and increase the blood sugar levels very quickly, which is why they should be taken in moderation and in small quantities.

Refined—white rice, white flour and sugar. These carbohydrates should be completely eliminated or dramatically minimized from any diet (not only an NSC plan). These refined carbohydrates are man-made poisons the body cannot identify and deal with properly. They drive your system into a state of

imbalance, resulting in an extra burden on your organs of elimination, hormonal imbalance and toxic buildup—resulting in acne.

Complex—whole grains (brown rice, whole flour, whole rye) and potatoes. These are very good sources of carbohydrates as they contain lots of nutrients, including vitamins, minerals and fiber. They burn slowly in your system, providing solid energy for a longer period of time.

Complex and fiber-rich—These carbohydrates come from sprouts and non-starchy vegetables. They are the ideal and perfect source of carbohydrates. They are an excellent source of energy as they burn very slowly (because of the fiber), providing your body with a constant long-term supply of energy and a stable blood sugar level.

As part of the Acne No More™ System when it comes to carbohydrates, you should put the highest emphasis on complex and fiber-rich carbohydrates as they are obviously ideal for acne-prone skin and should be at least 80% of your source of carbohydrates. The other 20% should be complex carbohydrates.

Protein

Protein is needed for growth, especially in children and pregnant women, for tissue repair, the formation of hormones and enzymes, building skin and hair and as an alternative source of energy when carbohydrates are not available.

There are various factors that determine the amount of protein you will need. Among them are your physical activity levels and genetic make-up.

However, most of the protein is needed to rebuild or repair cells. The more efficient your metabolism, the less protein your body will require. In fact, in Western societies there are hardly any protein-deficiency cases.

The daily requirements of protein for the average active male are more or less 37 grams and 29 grams for an active female, so they can be easily fulfilled through a vegetarian diet without the need for any sort of animal food.

Almost every food item on this planet contains proteins. All whole grains, vegetables, fruits and sprouts have protein. It is actually impossible to build a complete vegetarian diet with protein deficiencies.

What you must remember is that although protein is highly essential, taking too much protein can make it burn as fuel. When protein burns it leaves a lot of toxic dirt (due to the over-acidity caused by its digestion). Too much protein puts a lot of stress on your digestive system and your liver and pancreas, and it disrupts metabolism resulting in accumulated toxins in your cells.

The myth that only animal foods such as meat, chicken and fish can provide the complete protein (containing all the amino acids) has long been disproved. We now know that you do not need to combine proteins from different vegetarian sources to get a complete protein. The body has the ability to store the amino acids.

The only thing you should worry about is getting your protein from “clean” sources like vegetables, nuts, seeds, sprouts and whole grains. The protein in these elements is biologically superior to animal protein. It is easily burned and digested compared to animal proteins—all without the dangerous toxic byproducts associated with animal food produce.

Conclusion: Do not worry about getting enough protein. Minimize or eliminate completely any sources of animal protein from your diet, and stick to clean organic vegetable protein. If you do feel you have to consume fleshy proteins such as chicken, take it in small portions and balance it with alkalizing leafy vegetables.

Fiber

Fiber is a highly essential element in any healthy diet. Fiber is the cover part of plants, fruits and seeds. It is also known as “roughage,” and is indigestible. Fiber has various good qualities. It prevents blood sugar levels from going to extremes by slowing their rate.

It sweeps away and cleans all toxins and mucus that have accumulated in your digestive tract, thus ensuring that foods will not rot there. Even healthy foods that stay too long in your digestive tract without being swept away will eventually rot and lead to autointoxication. Therefore, a sufficient intake of fiber can practically prevent your blood from being polluted.

Fiber can also prevent used hormones in your blood from being reabsorbed into your system due to sluggish bowels. If your bowels are sluggish due to

low fiber intakes, consuming too much animal protein foods, not drinking enough water or if they are simply not clean, the hormones deactivated can be reactivated by your bowel's bacteria and be reabsorbed in your blood instead of being expelled through your bowels.

By fasting and taking the enema treatment, we ensure our bowels are clean. By consuming only protein from clean vegetable sources, drinking enough purified water and incorporating a lot of fiber-rich food elements in our diet, we almost ensure liver-deactivated hormones will not reabsorb in our blood. Rather, they will be flushed down through our bowels, thus preventing hormonal imbalance that leads to acne.

How Much Fiber A Day?

For a complete healthy diet you need both soluble fiber (dissolves in water and comes from oatmeal, fruits and vegetables) and insoluble fiber (does not dissolve in water and comes from whole grains such as wheat bran, from peels of vegetables and fruits and outer layers of seeds). Each of the fiber types has a different function.

Dairy products and animal food products have no fiber at all while the non-starchy vegetables are excellent sources of fiber.

A suitable amount of fiber is from 25 to 40 grams per day. However, if you have enough non-starchy vegetables and sprouts as part of your diet, you eat your fruit and vegetables unpeeled (when possible) and avoid excessive protein consumption, then you should have no need to worry about having a fiber deficiency.

Fats

Fats are a highly significant fuel source for your body. Some fat is also essential to maintain healthy skin, hair and nails.

Fats are also nutrition and vitamin carriers. Cell membranes are made out of fat. Fat also participates in various metabolic processes and the conversion of vitamin A to carotene.

With regard to hormonal balance, fats are used to produce prostaglandins that the body needs to stabilize and regulate hormone activity, which is crucial for acne-prone skin.

Types Of Fat

1. Saturated Fats

Saturated fats are very solid at room temperature and are considered less healthy than unsaturated fats. They are found in cheese, butter, some margarines, shortening, coconut and palm oil and in meat and poultry skin.

The conventional approach to saturated fats is: because they increase the level of cholesterol in your blood, they should be limited or completely eliminated from your diet. However, it has been proven that saturated fats do help in the protection of EFAs and stabilize your blood sugar level, which is crucial for an acne sufferer.

The truth is that saturated fats can be very beneficial to your health if they are taken from clean sources such as coconut oil or raw salmon and tuna and are properly balanced with sufficient amounts of EFAs and unsaturated fats.

The Eskimos consume lots of saturated fish fat yet balance it with proper omega-3 intakes and never suffer from heart disease or high levels of cholesterol in the blood.

However, saturated fat, especially from fish, should not be taken excessively due to the dangers of consuming too much protein. The best source for clean and effective saturated fat is coconut oil.

2. Unsaturated Fats

Unsaturated fats, stable at room temperature, are known to reduce blood cholesterol when they are properly replacing saturated fats in the diet. Unsaturated fats are divided into monounsaturated fats (omega-7, 9—olive oil, avocado and cashew) and polyunsaturated fats (omega-6—soybeans, safflower, sunflower, avocados, sesame, nuts, seeds and also salmon and tuna). Unsaturated fats are beneficial to your health but should be taken in moderation and in balance with the other fat types.

3. Super-Unsaturated Fats (Omega-3)

These fats are fragile once exposed to oxygen and light. Omega-3 is found in salmon, tuna and flax oil. Omega-3 has been found to have real disease-countering benefits (lowers the chances of having diabetes, arthritis, heart attack and psoriasis). Omega-3 oil may also help in lifting depression, reducing hypertension and even aid in cancer prevention.

Hormonal balance (crucial to reduce the symptoms of acne) and your health in general are highly dependent on the proper fat ratio intake. You simply need to maintain a proper ratio between saturated fats and essential fatty acid fats.

What is the proper ratio then?

Nutritionists recognize that a typical Western diet has an unbalanced fat ratio highly in favor of omega-6 (including cereals, whole-grain bread, avocados, baked goods, fried foods, peanut butter) and lacking omega-3 fats, so they emphasize the need to increase omega-3 fats in the diet to make the ratio more even.

Moreover, acne sufferers generally experience an aggravation in their condition when they over-consume food high in omega-6 fat such as the above.

From my own experience, the ideal balance between fats should be 2:1, meaning the daily intake of omega-3 should be twice that of omega-6 and omega-9 oils.

As for saturated fat, limit or completely eliminate sources like margarine and high-fat dairy products, and moderate the consumption of saturated fat foods that also contain omega-3 (like salmon and tuna).

In general, you should moderate your consumption of fat (low-fat diet can be harmful just as high-fat diets cause diseases and early death). Also, your fat consumption should be conditioned to your activity levels and season

changes. Fat consumption should increase if activity levels are high and when the season is cold.

Poisonous Fats

Not all fats are born equal; the following fats are simply killers and should be regarded as pure poisons and be completely removed from your diet: hydrogenated fats, refined or processed fats, oxygenated fats, fried or heated fats, saturated fat from animal sources that do not contain omega-3 to balance it (especially from animals that are grain-fed). More information on these fats can be found in the Acne Food Sinners section.

Why Daily Fat Consumption Should Be Limited

Regardless of whether it is a good or bad fat, consuming too much fat can have a serious negative effect on your skin/acne condition.

It has been tested and proven that ingesting too much fat (more than 20% of your total daily calorie intake) can cause tremendous blood sugar swings which trigger excessive insulin production, which eventually blocks the pores and causes more acne.

Consuming too much fat of any kind on a daily basis, increases blood fat levels ('hyperlipidemia'), prevents the cells from effectively carrying oxygen, sugar and nutrients to your cells and coats the insulin receptors in your cells.

This ensures your blood sugar levels remain high, forcing the pancreas to produce more insulin to bring the blood sugar levels down. The liver responds by expelling the fat from your bloodstream but the excessive insulin causes blood sugar levels to crash. This in turn causes the blood sugar levels to rise again (an emergency response from the adrenalin glands).

The constant swing in blood sugar levels, increases sebum production, clogs your pores and aggravates acne.

The large amounts of sugar in the blood stream encourage candida and the acne bacteria to multiply, causing havoc to your system. This in turn weakens your immune system, which leads to more inflammation and more acne. The extra insulin produced by the pancreas places stress on the liver and hinders its capacity to balance hormones, clear toxins and fight inflammation.

Note: I always advocate a ratio of 2 parts omega-3 oils (fish, flax, hemp) to 1-part omega-6 oils (olive, soybean, sesame, safflower) and omega-9 oils.

Fish should be taken in moderation and the same goes for avocados, most types of vegetable oils, nuts and seeds which are high in Omega 6 and are also acid forming (with the exception of avocados).

Fat intake should make up no more than 20-25% of one's total calorie intake.

The recommended intake for polyunsaturated fats, Omega-3 and Omega-6, is 5%-10% of one's total calories. Taking too much flaxseed oil for example can overload the liver with fats. If you follow the recommended intake of no more than 25% of daily calories from fat you are within safe and healthy dosages.

(2) Eliminating Allergenic Foods

There are certain foods not clearly labeled as “acne aggravators” that many individuals claim do cause acne breakouts if consumed. It is more likely that these individuals are allergic to these foods. Whatever the reason is, in order to achieve and maintain clear skin, it is obvious that these foods should be eliminated from their diets.

Identifying these foods can be achieved by conducting an allergy test followed by an elimination diet. The purpose of the elimination diet is to expand your menu ultimately with foods that are not known as extreme aggravators, without the risk of acne breakouts.

What are food allergies?

There are many foods that are known to trigger an allergic reaction. Among the most common foods that cause allergies are gluten grains such as wheat, corn, peanuts, dairy, soy products and eggs.

Food allergies are often inherited. The majority of food allergies are the result of interactions between white blood cells, ingested food, the digestive tract and immunoglobulins (food specific antibodies).

An allergic reaction to food occurs when your body identifies a certain food as an invader to your system. Your immune system attacks the invader and neutralizes it in order to remove it from your body, thus causing the allergy symptoms.

There are two kinds of allergic reactions to food:

- 1) Delayed: make up 90% of food allergies. The allergy reaction can occur up to four days after the specific food was ingested.
- 2) Immediate: make up 10% of allergy reactions to food. The allergy reaction occurs from seconds to a few hours after the specific food was ingested.

Because the allergic reaction process involves toxins that have to be evacuated by your elimination organs such as the liver and the kidneys, extra "toxic stress" is placed on the body. Your body tries to find alternative ways to eliminate the toxins in your blood through your lungs and skin, resulting in acne.

The Pulse Test

This allergy test is simple but has proven to be very effective.

- 1) Get into a relaxed state and check the pulse at your wrist. Write down the number of beats per minute and then eat the chosen food.
- 2) Be sure to stay relaxed so your pulse rate won't increase. Wait at least 30 minutes (you can lie down and read a book).
- 3) Check your pulse again; if it increases by more than 8 beats per minute, you are likely to be allergic to this food. That also means that you should not test any more foods that day (as the tests won't be effective).

If the food was found to be one to which you are allergic, simply eliminate it from your diet.

Note: Test one food at a time as the pulse test works best on an empty stomach. Avoid drinks such as caffeine and all other stimulants.

Home testing kits

Skin tests – These are commonly employed by allergists but are designed to detect immediate reactions to foods. This drawback makes skin tests far less effective than the elimination diet since they cannot identify 90% of food allergies, which are delayed.

Blood tests – These tests measure antibodies in the blood directed at specific foods. The most common blood tests are the RAST (radio allegro-sorbent test) and the ELISA (enzyme-linked-immunosorbent assay). The latter is my preferable test as it determines both IgE and IgG mediated food allergies. Taking a single drop of blood in a laboratory or at home will allow you to test up to 100 foods.

Note: the simplest most effective way of treating food allergies is through avoidance of allergenic foods throughout the program for a period of 8 weeks until symptoms are alleviated.

Elimination Diet

To effectively conduct an elimination diet, one must go through a 2-4 week period of a mild detoxification diet consisting only of foods that can benefit acne-prone skin while cutting out all foods that are acne aggravators.

For that period of time you must consume 75% raw foods (fresh high-alkaline vegetables, fruits, nuts and seeds) along with nothing but whole foods (whole wheat, whole rice, whole rye). You can combine soups, smoothies and salads as long as they do not contain any acne-aggregating ingredients.

After the period is over, you should add one item that you suspect may be causing your body to react in the form of acne and judge the results. Note that you should not add any "extreme" item from the acne-aggravating list (dairy or refined carbohydrates).

Keep in mind that the acne-aggravating list is not just about acne. It is about getting your body back into balance. Extreme items on the acne-aggravating list are mostly pure handmade chemical poisons that should strictly be avoided.

Once you have found a food item that does not aggravate your acne (like chicken breasts, for example), you can add it to your menu, but you must take it in small portions and in moderation – certainly not on a daily basis.

(3) Minimizing Toxic Foods Or Foods That Contribute To Hormonal Imbalance (Acne-Aggravators)

The foods in the following paragraph should be considered as being pure toxins. These foods not only pollute your blood and cause hormonal irregularities (because they either contain hormones or over-stimulate the production of hormones resulting in acne), they also fill your colon with sticky mucus and clog, and they weaken your organs of elimination, placing them under stress.

These foods are known as acne aggravators as they make your system toxic and create hormonal havoc. The first six on the list (sugar, dairy products, white flour, white rice, hydrogenated oils, red meat) are considered **extreme acne aggravators** by default and should be significantly minimized or completely removed from your diet. They should definitely not appear on your "acne elimination diet" list.

Most people have developed a dependency or an addiction to the abovementioned foods. Keep in mind that there are plenty of foods that can serve as substitutes to these foods, and I have listed substitutes that are nutritionally worth listing. It took me a while to get used to these alternative foods as I was also in a state of dependency, but as I incorporated them more into my diet, I grew to like them and lost all cravings for the "poisonous" foods.

Dairy Products

Dairy products (especially cow's milk) are probably one the most notorious acne-aggravating products you can find. They cause allergies, create heavy mucus, and they clog your digestive tracts as they become like glue once they enter your bowels. Dairy products are loaded with hormones injected into the animals in order to increase their capacity to produce milk. Dairy products are filled with antibiotics, which are destructive to your body and hormonal balance.

In fact, humans are the only species that drink the milk of other species. The problem is that we cannot digest the milk as calves do. Our digestion system is built differently. We cannot process the protein in milk either. This often

leads to multiple types of allergic reactions and digestive problems that manifest themselves as acne.

Milk is also pasteurized, a process that converts the sugar in milk into beta-lactose, which absorbs faster in the blood and has a similar effect on your body as sugar. The pasteurization process also makes the calcium in milk insoluble. And yes, milk can cause bad teeth and osteoporosis, no matter what you may have been taught to believe.

My own experience of milk was almost magical. As soon as I stopped consuming cow's milk products, my acne condition dramatically improved.

What to avoid: milk, cheese and yogurt. Also avoid products that have lactose, milk proteins, whey protein and dry skim milk powder.

Great substitute: sesame seed butter. This is ground whole sesame seeds (not the regular Tahini), a wonderful source of protein and calcium containing more than 1100 mg of calcium per 100 g.

Good alternatives to dairy products include nut milks (sesame, almond, etc.) and nut creams (cashew, macadamia, etc.). Soy products can also serve as an alternative but should be consumed sparingly because excessive consumption has been linked to thyroid problems.

I usually avoid soymilk or any soy products for that matter. Soy products are difficult to digest and may cause hormonal imbalances. I personally experienced mild acne breakouts when I switched to soy products as an alternative to milk. I also saw a significant relief once I eliminated them entirely.

Goat and sheep's milk products are also excellent alternatives, preferably if milk is not pasteurized. It is advisable, however, to make an allergy and an elimination diet test before switching to goat/sheep products. I would recommend cutting them out for 8 weeks and reintroducing them in small amounts to monitor any effects on your skin.

As for chocolate, if you must, then go for dark chocolate (no dairy ingredients, preferably with high percentages of cocoa solids). I have found chocolates based on carob powders to be extremely tasty.

White Sugar—The Sweet Poison

Processed sugar is a sugar cane that has been stripped of its essential fiber and nutrients. It contains no protein, no calcium and no fat.

White sugar is a 100% chemical element unrecognized by your body. It practically robs your body of vitamins and minerals. When consumed, white sugar causes blood sugar levels to increase dramatically and rapidly. The pancreas produces extra amounts of insulin to help the body metabolize the glucose in the sugar. This extra insulin quickly causes low blood sugar levels, which results in low energy and fatigue. In over-consumption of sugar, this process can also lead to diabetes.

But that's not all. When sugar is consumed, the body also produces other androgenic hormones to metabolize the glucose. These extra androgenic hormones place stress on the liver, create hormonal imbalance and over-stimulate the oil glands, which may lead to acne. Furthermore, the liver converts sugar into long-chain fats that pollute your blood and may certainly aggravate acne.

Sugar can also damage the immune system (compromising the defense against bacteria), produce an acidic stomach environment (ideal for candida), cause food allergies (one of the allergy symptoms is acne), increase the size of the liver (disrupting it from filtering toxins and used hormones), and encourage bad bacteria development in the colon. This means more stress on the organs of elimination, more toxins and more acne.

If you forget anything you have read here, I urge you to remember this: Stay away from white sugar, and eliminate it entirely from your diet ... period. Eliminate it even if you do not have acne. Your body will reward you twice as much.

Tip: From now on, make it your duty to ensure that every product you consume does not contain white sugar.

Stevia is a wonderful substitute for sugar and ten times sweeter – and it won't encourage candida.

White Flour, White Rice And Refined, Puffed Or Extruded Grains (Any Type Of Cereals, Puffed Rice And Bran)

These foods, once refined, are peeled out of their precious and nutritious pulp filled with vitamins and minerals. These foods become a glue-like stretchy substance. They clog your digestive tract, resulting in toxic buildup polluting your blood, contribute to candida growth, cause hormonal imbalance and directly aggravate acne.

Refined carbohydrates are similar in their chemical structure to sugar, and thus cause the same reaction: extra insulin -> extra male hormones -> extra sebum oil that contributes to the formation of acne.

Substitutes: brown rice (preferable long version and organic), whole wheat grain products or whole rye (100% whole wheat preferably organic, sprouted or sour dough whole grain breads that are stone-milled).

Once you make the transition to whole products, I guarantee your skin condition and well-being in general will change for the better.

Hydrogenated Oils And Partly Hydrogenated Oils

Hydrogenated oils are molecular oils that have been altered (hydrogenation keeps oils and fats from going rancid). The result is a twisted fatty acid that your body does not recognize as such and acts as pure poison. Hydrogenated oils once inside your system can:

- Clog your liver, spleen, muscles and kidneys and create a dangerous toxic buildup (because they increase fatty deposits), thus interfering with the liver's function as a hormone deactivator
- Disrupt the electrical flow responsible for heartbeat, cell division, nerve functions and mental balance

- Create free radicals and disrupt the conversion process of EFAs into prostaglandins, which is vital for hormonal balance.

Hydrogenated oil is found in margarine, donuts, muffins, salad dressing, candy, cakes, soups, breads, fried foods, mayonnaise, hydrogenated and partly hydrogenated soybean oil, vegetable oil and in most processed foods.

Great substitute: pure extra virgin olive oil.

Heated Oils, Fried Foods And Refined Oils

Heated or cooked oils are also considered extremely toxic. When oils are heated they become free radicals. Free radicals are deadly isolated electrons that create havoc to your liver and on a cellular level. These free radicals destroy the EFAs, which are crucial for hormonal balance.

The same goes for refined oils, a chemical process where lecithin and many vital oil nutrients are being removed. These refined oils that are processed with heat also disrupt the conversion of EFAs into prostaglandins, resulting in the aggravation of acne.

Choose your oil carefully. Stick with cold-pressed, 100% extra virgin olive oil, and if you want to diversify, you can go for cold-pressed sesame, safflower or sunflower oils.

Avoid heating olive oil and never fry food in it. Also, consume it in moderation, keeping the omega-3, 6, 9 balance in mind).

Red Meat

Red meat (beef, lamb, pork) contains of very harmful toxins (uric acid and steroids). It is a hard-to-digest protein that causes a lot of digestion problems and allergies that develop into acne. It takes a long time for meat to pass through the human digestive tract, which is significantly longer than that of animals, providing it plenty of time (also in high temperatures) to rot in your system. This results in toxins excreted into your blood.

Red meat also contains antibiotics and harmful hormones, and diseases the animal may have had, resulting in a disruption of hormonal balance and blood intoxication.

If you can, eliminate red meat completely from your diet. If you feel you have to consume meat, go for organic meat that has been slow-cooked, and consume only small portions at a time. Complement it with lots of fiber foods to ease its digestion (high alkaline-forming, non-starchy vegetables) and certainly not every day.

Substitutes: organic chicken, organic fish.

Note: Because of the reasons mentioned above and based on the experience of dozens of acne sufferers, including myself, any form of animal protein (red meat, chicken, game, fish), especially when cooked, should be minimized or completely avoided if one strives to have glowing skin. Far superior protein is found in many vegetables without the toxins, allergic reactions and hormonal effects.

Egg Whites

Egg whites can cause allergy problems as they are binding elements (used to bind ingredients in a cake). Egg whites clog your system in the same way that milk and refined carbohydrates do, resulting in blood intoxication and stressed elimination organs. The body also naturally defends itself from the egg protein as it enters the blood stream, leading to allergic reactions and acne aggravation.

Wheat Products And Yeasty Foods (Yeast, Beer, Mushrooms, Yeast Extract)

Many individuals are allergic to gluten found in wheat products (flour, pasta, bread, etc.). Wheat itself, even without the gluten intolerance factor, is known to cause digestive problems due to its gluey nature.

Mushrooms and yeast-related foods are suspected of encouraging the colonization and overgrowth of candida and fungal infection, the infamous blood intoxicators that aggravate acne.

Gluten Grains

Rye, wheat, barley, bran and corn contain Alkylresorcinols which are compounds that appear to act as a toxin implicated in many pathological processes, including the death of red blood cells, as well as liver and kidney damage.

These gluten grains also contain Lectins, chemical substances that activate your immune system, contribute to inflammatory problems and hormonal imbalance that aggravate acne. Grains in general are acid forming, leach calcium, contribute to constipation and are addictive.

Substitutes: whole non-gluten grains (amaranth, quinoa, buckwheat) taken in moderation.

Processed Foods

Simplicity is one of the basic keys to an optimal acne diet and, for that matter, any healthy balanced diet. Make it a habit to look at the list of ingredients of every product you buy. If you do not recognize what the ingredient is or if it does not sound natural, do not eat it. That includes all the e-numbers, additives, etc.

Avoid ready-packed meals, canned food and TV dinners, which usually contain a long list of chemicals.

Alcohol

Alcohol in most forms is toxic to your body. It can cause liver dysfunction, candida and slow metabolism. From an acne-prone skin perspective, alcohol also disturbs the formation of prostaglandins crucial for hormonal balance. Minimize the intake of alcohol.

Medicines (Drugs)

Drugs and medicine are a multi-million and multi-national business that thrive at the expense of your well-being. Minimize the use of drugs of any kind. They do not heal. They do patchwork. They alleviate the symptoms of the disease at best.

Drugs are pure toxins. These are foreign chemicals from your body's perspective. Needless to say, they create disturbance every time you let them into your body.

Caffeine

Caffeine is known to over-stimulate the production of hormones, leading to hormonal imbalance—a key factor in the formation of acne.

Substitutes: green tea, herb tea.

(4) Consuming Lots Of Cleansing And Hormone-Balancing Foods (Skin Savers)

The following foods are natural blood cleansers. They balance the hormonal activity in your body and are highly nutritious. These foods create the opposite effect of polluting, clogging and mucus-forming. They are mostly fiber rich, so they help the digestive system to effectively remove waste, cleanse the blood and balance hormones. Because they are rich in vitamins, minerals and antioxidants, they protect the liver, speed up the metabolism process and help the body fight toxics and free radicals. They burn slower than refined carbohydrates, so they balance sugar levels in the blood and balance hormone activity. These foods are highly beneficial in reducing acne-related symptoms.

Fruits

Fruits are excellent cleansers, loaded with vitamins and minerals. Fruits are also easily digested. Strive to diversify your fruit consumption. Eat fruits separately to help digestion. Strive to eat fruit on an empty stomach and **never peel the skin** off when you can eat it. Avoid cooking fruits as it will cause the fruit sugar to become more dangerous to your system.

The rule of thumb with fruits is to avoid over-consumption. Eat fruits in moderation.

Important: If a fruit is especially sweet like bananas, melons, oranges, star fruit and other tropical fruits, it will encourage candida overgrowth, regardless of its relatively low glycemic index. Even though most sweet fruit will not boost your blood sugar levels, in my experience with thousands of clients, taking sweet fruit will hinder healing and encourage candida overgrowth. **I would limit the intake of sweet fruits to a maximum of 1 serving per day.**

In severe cases of Candida infection, I recommend total exclusion of all fruit from your diet until symptoms abate. (Typically within 3-4 months after beginning your anti-Candida therapy).

Avocados, lemons and limes are an exception to that rule. White grapefruit, nonsweet pears, blackberries, blueberries and raspberries can also be taken occasionally.

Note: Avocados are one of the most beneficial fruits for acne-prone skin. They are low in sugar but rich in vitamin E, potassium and sulfur.

The following fruit should be excluded from your diet regardless of the severity of your Candida infection: frozen, canned and dried fruit, apricots and melons (especially cantaloupe).

Sprouts

Sprouts fit the definition of super foods; they are highly nutritious, super cleansers, loaded with vitamins, easily digested and contain lots of enzymes.

The longer you sprout them, the more potent sprouts become (their nutrition value and enzyme content increase). There is practically no limit to how many sprouts you can consume. You can grow a variety of sprouts and enjoy a myriad of balanced nutritional benefits.

A wise decision would be to grow your own sprouts as you will be provided with a daily dose of fresh nutritional sources produced at home with hardly any expense attached. If you decide to buy sprouts, make sure they are fresh as they can be toxic when spoiled.

Sprouted lentils are a fantastic source of protein, and combined with long brown rice, they make the perfect, complete protein meal.

Non-Starchy Vegetables

As with sprouts, non-starchy vegetables such as green pepper, collards, cucumber, celery, all types of lettuce (excluding iceberg), cauliflower, broccoli, Brussels sprouts, cabbage and spinach can also be consumed with no limit whatsoever. Non-starchy vegetables are a great source of stable energy as they provide complex carbohydrates, which burn slowly.

Non-Gluten Grains

Whole non-gluten grains (complex carbohydrates) are great nutritional sources of protein. They are low in fat, good sources of fiber and are loaded with vitamins and minerals. Non-gluten grains include rice, buckwheat, millet, quinoa and amaranth.

As a rule, since grains are acid forming, leach calcium and contribute to constipation, you should incorporate whole non-gluten grains into your diet in a strictly moderate fashion, meaning you should consume a maximum of 2 servings daily.

Rice

You are already aware of the danger linked to any type of refined carbohydrates, and rice is no exception. The ground rule would be to choose only **whole rice** (brown rice), preferably the organic long version and not the round sushi version.

As with beans, rice should be soaked in water overnight before cooking. The cooking should be long and slow to make the rice easier to digest.

Beans

Beans are also a great source of clean protein. However, this type of protein can also put stress on your digestive system. To prevent that, beans should be sprouted, soaked in water overnight and cooked slowly at lower temperatures to remove potential gases and make their proteins more easily digested.

Nuts

Nuts like almonds, pine nuts, pecans and Brazil nuts contain fatty acid (good for the skin), highly valuable nutrients and minerals. They are a wonderful source of digestible protein. Nuts should be consumed in small quantities because of their protein density, which can put a burden on your digestion

system. To prevent a paste-like substance from forming in the bowels, nuts should also be eaten with fiber-rich foods.

Nuts should only be eaten raw, hand peeled (Brazil nuts), stored in a cool place and eaten fresh.

Herbs And Leaves

Herbs and salad leaves, especially parsley, contain lots of quality minerals and vitamins. They are also great sources of chlorophyll (discussed in the last chapter). Herbs also contain a huge variety of antioxidants that help the body in its war against free radicals.

Great-tasting and nutritious herbs are parsley, fennel, basil, coriander, thyme, dandelion, oregano and mint.

Garlic

Garlic can help acne both externally and internally. First of all, garlic is an excellent blood cleanser and also functions as a powerful antibiotic (without the side effects and harmful effects of conventional antibiotics). Garlic, if eaten raw and crushed (it needs to be chopped to activate its powerful ingredients), has a powerful medicinal effect on the body. Its antiseptic properties can purify your blood. It can also lower cholesterol, prevent dangerous blood clots and reduce blood pressure.

Garlic also has anti-microbial activity against various types of bacteria and fungi. The insulin found in garlic is a type of fiber that the friendly intestinal bacterium loves. It is no wonder that it has been acclaimed as a powerful acne treatment.

Garlic can also be applied externally on the skin by cutting a clove and rubbing it gently on the area that is affected with acne. Its cleansing and antibiotic qualities can help reduce the acne spots.

Avoid using garlic both externally and internally if you're allergic to it. Even if you do not have allergies to garlic, use it in moderation and with caution, especially when applying it externally to the skin.

Seeds

Sunflower seeds, sesame seeds and **pumpkin seeds (also rich in zinc)** are great sources of fatty acids that are healthy for the skin. They contain lots of enzymes that are good for digestion, and they are rich in minerals.

Fish

Fish used to be the ideal source of clean and balanced protein, but are now unsafe to consume because of the mercury and other toxic metals found in our oceans and lakes.

However, cold water fish like tuna and salmon (highly beneficial for their essential fatty acids) can and should be consumed but in moderation—as a condiment and preferably in their raw form (sashimi).

Cooked, and especially smoked, grilled, or fried fish, should be avoided.

Maca

Maca, a root vegetable from Peru that is rich in amino acids, fatty acids and minerals (calcium, magnesium, iron), has been used for medicinal purposes for ages. Taking dried powder of maca root as a supplement can be highly effective at balancing, stabilizing and normalizing the level of steroid hormones such as testosterone, progesterone and estrogen.

Taking 2 tablespoons daily can really make a difference on your skin condition. It is also sweet, very tasty and has no side effects.

The brand I recommend is raw, organic powdered maca.

Available at: <http://macaweb.com/maca-root.cfm>

Wheatgrass

I mentioned wheatgrass in the fasting section. I just had to include this wonder plant as part of this list as well.

Wheatgrass is considered a super food, and it can practically perform miracles on your acne condition if taken on a daily basis.

Its ability to purify the blood, detoxify the liver and cleanse the colon makes it highly essential for the treatment of acne.

The chlorophyll in wheatgrass helps the skin stay healthy as it is antiseptic, anti-inflammatory and antioxidant. It heals open wounds in your body, accelerates the re-growth of tissues, helps to purify the liver, reduces pain from inflammation and kills bacteria.

Wheatgrass is a must for people with acne-prone skin. It should be squeezed and taken each morning on an empty stomach.

Water

Drink lots of filtered or mineral water daily.

Drinking at least two liters of filtered or mineral water a day (or until your urine is transparent), is mandatory for effective daily cleansing, detoxifying and preventing dehydration of the skin.

Water will prevent breakouts, speed up the healing process and when several drops of lemon or cayenne pepper are added, the cleansing effect will intensify.

Water flushes out toxins from the body through the primary organs of elimination, thus preventing toxic buildup that aggravates acne by eliminating toxins through the skin and lungs.

Drinking large quantities of purified water will thoroughly cleanse your kidneys, help discharge waste and prevent the formation of stones in the kidneys. Weakened kidneys will burden the liver and cause toxic buildup that may lead to acne.

Water makes the skin look toned and consistent. It moisturizes the skin and helps it look more vibrant and healthy.

Each morning drink a glass of pure water with one squeezed organic lemon followed by two tablespoons of extra virgin olive oil. This will strengthen the liver, stimulate it to purge itself and ensure it functions properly.

Important Note About Fat Intake

I always advocate a ratio of 2 parts omega-3 oils (fish, flax, hemp) to 1-part omega-6 oils (olive, soybean, sesame, safflower) and omega-9 oils.

Fish should be taken in moderation and the same goes for avocados, most types of vegetable oils, nuts and seeds which are high in Omega 6 and are also acid forming (with the exception of avocados).

Fat intake should make up no more than 20-25% of one's total calorie intake.

The recommended intake for polyunsaturated fats, Omega-3 and Omega-6, is 5%-10% of one's total calories. Taking too much flaxseed oil for example can overload the liver with fats. If you follow the recommended intake of no more than 25% of daily calories from fat you are within safe and healthy dosages.

(5) Maintaining A Healthy Alkaline/Acid Balance

Alkaline/Acid Balance

For the human body to function at its best, it has to have an internal chemistry balance of alkaline between a pH of 7.0-8.0. When the cells are healthy, they have an alkaline balance of 7.0-8.0. A diseased cell has an alkaline of below 7.0.

The body as a byproduct of metabolism normally produces acid, but our body cannot produce alkaline. It is our responsibility to provide the body with alkaline from outside sources, mainly from food.

However, there are foods that are basically acidic, and there are foods that are alkaline-forming. When we consume acidic foods, the body must neutralize it with alkaline. If it cannot find any alkaline, the body uses the alkaline in the cells to do the job. And when these cells become acid, they develop diseases.

In a state of over-acidity, the body also borrows alkaline such as magnesium and calcium from vital organs, resulting in that organ being damaged. The body enters a state of stress and imbalance that can lead to a variety of infections and complications including skin problems like acne.

A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for candida growth. The result is extra toxicity and over-stressed organs of elimination leading to toxic expulsion through the skin, which ultimately leads to acne.

The conclusion is simple: In order to maintain a healthy balanced body and prevent over-acidity and toxicity, you must consume lots of alkaline-forming foods while minimizing acidic foods.

The typical American/Western diet consists mainly of highly acidic products like eggs, dairy, meat and artificial sweeteners while it is deprived of alkaline-producing foods such as olive oil, fruits and vegetables.

Drugs are also acid-forming substances, which can lead to an over-acidic environment very quickly.

A stable, alkaline-pH body environment will help the body resist disease. A healthy diet consists of high alkaline-producing foods, allowing the body to keep sufficient alkaline reserves to balance the acid environment and stay healthy.

I recommend testing your body alkaline levels and acidity levels with pH strips. Test your urine. If your urinary pH fluctuates between 6.0 and 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. The pH of your urine between meals should be kept in the basic range—pH 7.0-8.5.

High Alkaline Foods You Should Incorporate Into Your Diet

Non-starchy vegetable juices, olive oil, lemons, watermelon, asparagus, onions, parsley, raw spinach, broccoli, garlic, grapefruit, mangos, papayas.

High Acid-Forming Foods You Should Minimize In Your Diet

Homogenized milk, blackberries, cranberries, prunes, beef, pork, shellfish, cheese, ice cream, pecans, cashews, white rice, corn, buckwheat, rye and of course white sugar and artificial sweeteners.

Stress and negative thoughts also cause an acid environment. The stress control plan gives a comprehensive solution to that problem.

(6) Consuming At Least 75% Raw Food

What are enzymes?

Enzymes are special protein molecules that participate in the body's metabolic process. Enzymes are partly responsible for getting rid of toxic waste, purifying the blood and digesting food.

Enzymes are extremely vital for our well-being. They are the ultimate power workers found in the liver, stomach, pancreas and the wall of the small intestine, helping vitamins and minerals to be absorbed into our system. Foods with great nutritional value along with vitamin supplements are useless without enzymes as these are necessary for the body to absorb them.

Many foods contain high amounts of these precious enzymes. However, by cooking, frying or heating these foods at high temperatures (above 116°F), the enzymes are killed.

The food is not digested properly, and vitamins and minerals are not absorbed by the body. This leads to accumulated toxic waste the body can not get rid of and causes a variety of health disorder. Acne is just one of them.

Enzymes are also vital to the healing process. Without enzymes the body will have to work harder to heal itself, digest and assimilate nutrients.

Cooked food has hardly any enzymes left. This causes the direct enlargement of the pancreas because it is over-stimulated. That leads to lots of digestive problems and produces more insulin, elevating androgen levels—leading to more acne. Eating cooked food, we get fewer nutrients and more free radicals, meaning more toxins and more acne.

Cooking also destroys vitamins, minerals and fiber (which leads to more toxic buildup) and increases the bowel transient time. Cooked food creates acid, is harder to digest and offers less nutritional value while raw food is basically alkalizing and a lot more beneficial.

Digestive Leukocytes

Various studies have shown a strong link between enzyme-deficient foods and the weakening of the immune system. It is known that leukocytes, the white blood cells, increase when the body needs to defend itself from what it sees as a threat.

While most incidents when leukocytes increase are due to inflammation, allergic reaction or infection, it has been confirmed that there are incidents when an elevation of white blood cells happens after ingesting food. This phenomenon, also referred to as digestive leukocytes, occurs when we digest food with lower quantities of enzymes.

Therefore, consuming cooked foods, preserved, canned, fried or foods heated beyond 116°F can lead to the mobilization of the immune system by sending white blood cells to handle the enzyme deficiency and help digestion.

Eating enzyme-deficient foods can actually weaken the immune system and simulate a state of illness. Each time we eat raw food and plant-based digestive enzymes, we prevent this process from happening.

Raw-Food Diet

What is a raw-food diet?

A raw-food diet is built on the principle of consuming about 75-80% raw, live and uncooked food. The food should also be unprocessed in any way, plant-based and preferably organic.

Note: You do not have to start calculating percentages. During a raw-food diet, simply eat one cooked (not grilled or fried) meal per day and make sure all the rest of the food you consume is 100% raw. I usually eat whole brown rice for lunch (seldom with sashimi) and keep the rest live and fresh.

A raw-food diet menu should consist of fresh fruits and vegetables, seeds, beans, seaweeds, nuts and grains. Freshly made fruit and vegetable juices can also be part of the plan. There are practically endless varieties of mouth-watering foods bursting with flavor and zest that you can prepare from these endless natural raw materials.

The idea behind the raw-food diet is that raw and living foods have lots of these vital enzymes compared to cooked or heated foods. Thus raw foods, with their high quantities of enzymes, are digested more effectively. They help the body get rid of toxins, and their vitamins and minerals are absorbed more effectively into our systems. Moreover, cooked foods leave a residue of undigested protein and carbohydrates that clog your system and build into toxins—clogging that will later be translated into acne.

A raw-food diet increases energy, accelerates the healing process, rebuilds healthy tissue and invigorates your body.

Compared to fasting, detoxification is slow during a raw-food diet. The cleansing is gentler, and the fruits and vegetables contain lots of fiber, which help sweep up toxic buildup and mucus from the bowel without the need for the extra help of enemas or bentonite/flaxseed shakes and the like. Moreover, a raw-food diet (especially the pure form of only fruits and vegetables) is far more demanding and challenging than a short juicing fast. I find my craving for other types of solid foods during a raw-food diet plan are more intense than on regular juice or even water fasts.

There are many techniques in growing and preparing raw-food meals like sprouting seeds, soaking nuts and preparing vegetable and fruit juice combinations. There are specific instructions on how to dice and blend food to make sure the vitamins and minerals are preserved.

The great believers and worshipers of the raw-food diet report high levels of energy, dramatic weight loss and more radiant and improved look of the skin.

There are several guidelines that you must follow to get more effective results during raw-food detox:

- Stick to fruits, vegetables, seeds, nuts and beans.
- Eat fruit only in the morning.
- Separate fruits from vegetables.
- Separate starchy vegetables from protein foods.
- Chew your food slowly into mush.

- Stop eating at least 5 hours before sleeping.
- Avoid the following ingredients: cooked eggs, cooked meat, cooked grains, cooked beans, cooked potatoes and cooked vegetables and fruits.

(7) Cultivating The Friendly Bacteria

Antibiotics, Probiotics and Prebiotics

There are hundreds of friendly bacteria species that inhabit the digestive system. These live bacteria are also referred to as probiotics, **which promote health and benefit the digestive system. They enable the body to recover quickly from a state of diarrhea, lower blood cholesterol, enhance the immune system and more.**

The acne-friendly bacteria, which can be helpful in fighting and reducing the symptoms of acne, are completely eradicated by antibiotics such as tetracycline (along with the bacteria that cause infections) aimed at killing the acne bacteria. The acne bacteria will eventually develop a resistance to antibiotics and become more vigorous and destructive in the long run.

The friendly bacteria also coat the digestive tract walls, fighting parasites, candida (by balancing the pH at the digestive tract) and poisonous bacteria. They produce vitamin B-12 and generally keep the bowels clean from plaque.

Antibiotics also cause a great deal of damage and havoc to your system in the long run that can be difficult to repair. By taking antibiotics and eliminating the friendly bacteria, you are putting your health in serious risk. You are exposing your body to the dangers of candida growth, parasite invasion, B-12 deficiencies, nutrients that will not be absorbed, allergies and the overall colon health breakdown. This can all result in toxins polluting your blood, finding their way out through your skin—resulting in the aggravation of acne.

The main reason why antibiotics are highly destructive is their ability to seriously damage one of the most important toxic elimination organs—your digestive tract. Only in extreme cases of infection should you consider antibiotics. In all other cases, stay away from them.

Re-Establishing The Friendly Bacteria

Probiotics

You should always make sure your bowels are well established with friendly intestinal flora (probiotics) to keep away parasites and candida. Many studies have proven that flora supplements are not only essential to your overall health but are also crucial in fighting acne symptoms.

Friendly bacteria often need to be re-established in your bowels due to chlorinated water you may be drinking, alcohol, drugs and cigarette smoke.

The term *probiotic* means “for life” in ancient Greek. These friendly bacteria are cultured in a laboratory and are aimed at rebalancing the flora in your digestive system. The probiotic microorganisms pass through your system while they are still alive and inhabit your intestines. The probiotic bacteria also support good digestion, enhance your immune system, increase your resistance to infection, prevent the bad bacteria from multiplying and produce natural side effects—free antibiotics that can fight destructive organisms such as candida.

Effectively re-establishing the friendly bacteria requires certain conditions.

1. You need to have the right pH level environment in your colon as a too acidic environment may simply kill the friendly bacteria. You can achieve that by consuming lots of high-alkaline foods (see the alkaline diet section). **To effectively help probiotics survive the journey through stomach acids to the intestines, you need to include probiotic foods in your diet to help the friendly bacteria grow.** You can also use Primal Defense, an excellent product containing soil organisms that can help the probiotics to grow.

2. To effectively help probiotics survive the journey through stomach acids to the intestines, you need to include prebiotic foods in your diet to help the friendly bacteria grow.

3 When you search for a probiotic supplement, look for a supplement containing large quantities of lacto bifidus and a supplement containing high doses of acidophilus balanced with lacto bifidus.

Primal Defense is the ideal supplement addressing these critical conditions.

Available at:

<http://www.amazon.com/PrimalDefense>

Prebiotics

Supplying live bacteria to the digestive system is not as easy as it seems. No one can guarantee their survival as they pass through the digestive enzymes and stomach acids in your intestines.

That is why it is so important to combine a quality probiotic supplement with prebiotic foods.

It has been proven that the friendly bacteria that thrive in your digestive system are able to do so because they feed from certain nutrients found in certain foods. These particular foods can actually help the growth of the friendly bacteria . They are called prebiotics.

Prebiotic carbohydrates, also known as fructooligosaccharides (FOS), are found in foods like Jerusalem artichoke, tomatoes, asparagus, leeks, garlic, onions, honey and bananas. These prebiotic foods should be combined with quality probiotic supplements to establish the ideal conditions for the beneficial friendly bacteria to thrive and help the digestive system effectively expel its own toxins.

(8) Building A Candida-Free Environment

A juice cleanse serves as a partial solution for killing candida if limited only to low-sugar, non-starchy alkaline vegetables like green leafy vegetables, garlic, parsley, ginger root, onion and peppers. It can both boost the immune system and cause the candida to stay dormant.

In water fasting you practically deprive the candida of any type of sugar whatsoever, thus making it temporarily dormant, which allows the immune system the time and means to eradicate it. However, killing candida is a long process, and short water fasts (3 days or less) won't be enough, especially in cases of severe candida overgrowth.

Candida is a very stubborn fungal organism. It thrives and feeds itself in a variety of ways, with significant help from modern industrial foods, western nutrition, modern urban lifestyle and low quality human maintenance.

Yeast grows when antibiotics, drugs, birth control and hormone pills are taken, as they kill the good bacteria. Yeast grows on partly digested foods that enter your colon when you do not chew your food correctly or eat the wrong food combinations.

Yeast feeds specifically on refined sugars and high starch/carbohydrate foods. This explains the cravings most people have for sweets that are almost equal to the cravings they have for alcohol.

Yeast grows in a very acidic environment where alkaline foods are not taken properly to balance your inner PH levels. Yeast also thrives on stress as it shuts down the immune system.

It takes more than one factor to create the environment that makes fungal organisms like candida grow.

Killing candida is a process that begins by changing the internal environment where the candida is present. This is done by:

1. **Changing your blood pH from acid to alkaline and by minimizing or temporarily eliminating any kind of sugar from your diet along with eating foods that alkalize your**

blood like low-sugar vegetables and wheatgrass juice. This will make the stubborn candida temporarily dormant.

If you have moderate to severe candida infection, you need to eliminate all refined carbohydrates and gluten grains. Non gluten grains such as amaranth and quinoa can be eaten in moderation. You should avoid or limit the consumption of red meat, all fruit (with the exception of cranberries, lemons and limes), all preserved and canned foods, moldy veggies like corn, yeasty foods like mushrooms and vinegar (apple cider vinegar is an exception) all dairy products (especially from cow's milk while goat's milk and sheep's milk products can be eaten in sparing moderation), egg whites, alcohol and caffeine.

Note: The best advice regarding fruit is to limit their consumption to 1 portion a day in the morning. Do not eat moldy fruit like bananas, or extremely sugary fruit.

The following fruit should be avoided: frozen, canned and dried fruit, frozen fruit juice, oranges, bananas, melons (especially cantaloupe).

If you have a severe candida infection, no fruit or sugary vegetables such as carrots and beets are allowed.

2. **Taking supplements that enhance the immune system.** (some of the NSC supplements)

3. **Cleanse your system.** (The juicing protocol will take care of that)

4. The next thing in line is to **re-establish the colon with friendly bacteria** that

fight and eradicate the candida. Supplying probiotic and prebiotic foods does this.

4. The last step involves **taking specific anti candida supplements** (wormwood, black walnut, cloves, olive leaf, oregano oil, Candigest)

Olive leaf extract, oregano oil and Candigest

Olive leaf extract, oregano oil and Candigest are very potent and should be taken only after the second cleansing protocol and for no more than two to three weeks in a row each.

Olive leaf extract should be taken at a rate of between 1000 mg to up to 2000 mg a day.

Straight oil of oregano oil is more potent so you want to cut the oil with olive or some other type of oil, usually roughly one part oil of oregano to five parts olive. You should take a few drops daily.

The basic rule of thumb is to experiment with the doses since these herbs are extremely potent.

The idea behind taking the anti-yeast supplements for only three weeks, is that these herbs like most medicinal herbs, work in cycles. After two or three weeks they stop working.

It is recommended to take oregano oil for two to three weeks. Take a break for two weeks and then take the olive leaf extract for two weeks. Take a break for two weeks and so on. Do that for a period of no longer than eight weeks in total.

Candigest is a powerful and sophisticated supplement: it actually digests the cellulose (of which candida is largely composed) and kills the yeast without the die-off effect.

Taking four capsules of Candigest per day (two in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating) will produce profound improvements in 6 to 30 days.

The time required for maximum benefit varies because we each have:

- Different candida severities
- Different levels of immune strength

- Different levels of healthy probiotics
- Varying levels of stress

It is recommended that you take Candigest for a period of 30-60 days.

Olive leaf and oil of oregano from North American Herb & Spice are available at:

<http://www.amazon.com/OreganoOil>

<http://www.amazon.com/OliveLeaf>

Candigest is available at: <http://www.immunecare.co.uk/>

(9) Optimizing Digestion By Adopting Correct Eating Habits

The when, how and why you eat are significantly important to the way your system digests your food. Optimal digestion is by far more important than the quality of your food. The way you chew your food, the way you combine the foods that you eat, the environment you choose for eating and the timing are all important factors determining the success of the digestion process.

It has been proven that eating beyond our body's needs, gulping food, consuming the wrong food combinations along with eating when there is no real hunger all lead to poor digestion and create large amounts of sticky and gluey mucus.

Incomplete digestion can lead to a myriad of disorders and illnesses such as candida, undigested rotten food cycling in your bloodstream, parasites in your bowel causing allergies, weaknesses, headaches and the expulsion of toxins through your skin—leading to acne.

Before we get down to details, the rule of thumb for optimal health is always "Respect Thy Bowels." Following is a list of the most crucial eating principles for optimal digestion.

Do not drink when you're eating.

Drinking water is important, but it should be done between meals not with the meals. Drinking while eating can dilute the digestive juices, which are so crucial for digestion. Adopt a habit of drinking little doses before and after you eat. Only when consuming rough foods or foods with little or no water, may you drink slightly to make it go smoothly into your body.

Combine your foods correctly.

To make it simple, let's divide the food into two main groups: the high-protein, hard-to-digest concentrated foods like meat, eggs, cheese, grains, legumes, nuts and starches and the low-protein, high-water and easily digested non-concentrated foods like fruits and vegetables.

Here are the guidelines for combining food properly:

Bad Combinations

- Avoid mixing concentrated foods together. It will put stress on the digestive system. Instead eat one type of food per meal.
- Avoid mixing fruits with concentrated food. The concentrated food will slow the digestion of the fruit, resulting in symptoms of illness like toxic build up and gas.
- Avoid mixing cooked vegetables with fruit.
- Avoid mixing starchy vegetables with fruit.

Good Combinations

- Eat raw vegetables with concentrated food. These go well together because of the high fiber and low sugar levels found in vegetables.
- Eat fruit with raw vegetables.
- Eat nuts with dried fruit.

Chew your food correctly.

Your food must be chewed into a soft mush before it is swallowed. Chew your food slowly and in a relaxed fashion. Mix the food with as much saliva as you can, and make sure you chop it into as many pieces as possible if the food cannot be chewed to a mush.

Do not exercise right after a meal.

It is never a good idea to exercise immediately after you have finished a meal. When you do physical activity after a meal, the body rushes the blood towards your muscles from your digestive system. As a result, your digestive system stops digesting until you stop your activity. That leads to all the problems mentioned already. After a meal give your body enough time to completely digest the food before you rush to the gym.

Choose the right time, place and mood.

Although it is not always possible, you must strive to find the least distracting and least noisy place for you to eat your meals. When you eat try to focus on your meal and savor it. That includes not watching TV. Any distractions from your meal will come at the expense of your digestion. It is also very important not to be in a state of stress or be upset when you eat. The nerves have a significant impact on your digestion system, and in a stressful state your digestion will be far less effective.

Communicate with your body.

This is one of the most important issues with your digestion and well-being in general. It may sound odd to you, but you must learn to hear what your body has to say to you. This is not a joke. Your body tries to communicate with you all the time in various ways. You are already familiar with some of these ways. Everybody knows the sound their stomach makes when they are hungry. Acne, as mentioned previously, is another means of communication your body uses to inform you that you need to change something in your lifestyle.

You must learn to identify real hunger from temptation, conditioning, boredom or the need for excitement and satisfaction. When you feel "hungry," ask yourself "Are you really hungry?" Or is it just your mind fooling you. Learn to listen and communicate with your body, and it will gratefully reward you.

(10) Taking Complimentary Skin and Hormone Balancing Supplements

Why do we need supplementary vitamins and minerals?

I wish I could tell you that eating healthy and consuming lots of alkaline foods and enzyme-rich raw foods will provide your body with all the vitamins and minerals it needs. Unfortunately, this is not the case. The techniques we use to grow, preserve and prepare our food have lowered the quality of our food significantly.

Grains are not sprouted anymore. Oils are hydrogenated and refined, and instead of the rich natural minerals of the soil that the body requires, poor minerals are fertilized into the ground where plants grow.

As a result, most of our plants contain few or no minerals. Plants are polluted with pesticides and herbicides and so is our water. These toxic chemicals strip them of their vital nutrients.

To achieve vibrant and healthy skin and to keep a well-balanced body in general, one must provide it with the necessary supplements.

16 Anti-Oxidant, Anti-Inflammatory And Hormonal Balancing Supplements

The following is a list of **only the most important** supplements (specifically designed for **acne-prone skin**) you should take each day. They will supply your body with the missing vitamins and minerals, help reduce your acne symptoms (as some contribute to hormone regulation and re-establishing the friendly bacteria), fight free radicals and expel them from your body and speed up the healing process of wounds, infections and acne.

The best time to take vitamins is in the late afternoon. Also make sure you:

- Take the fat-soluble vitamins (A, D, E, K) and EFAs with fat.
- Take all your vitamins 10 minutes prior to eating.

Some of the following vitamins and minerals have excellent natural food substitutes.

If you can afford to buy organic produce you do not have to take all of the vitamin supplements as these foods can provide most of the nutrients you need to have acne-free skin.

However, especially when you still have acne, if you want to play it safe or if you are allergic to these foods, it is recommended that you take the supplements instead of, or preferably in addition to, the substitutes.

Note: EFAs and Primal Defense should be taken regardless of what you eat and the quality of your food.

EFAs

Essential Fatty Acids And Acne

One of the main reasons for hormonal imbalance in the human body is insufficient level of prostaglandins, which are chemicals that help regulate and direct hormones. The more hormones your body produces (during menstruation for example), the more it needs prostaglandins to stabilize and regulate these hormones. The only problem is that the body cannot manufacture sufficient amounts of prostaglandins without the proper raw materials.

These raw materials are the essential fatty acids (EFA).

Essential fatty acids (EFA) are found in flax oil, cold water fish like salmon or tuna, sunflower seeds, soybean, borage, walnut and safflower oil.

Omega-3, omega-6, and omega-9 are the essential fatty acids your body needs to produce the critical prostaglandins. However, it is not enough that you consume foods rich in EFA like salmon and flax oil and walnuts. You need to have the proper balance of these EFAs in order for your body to effectively produce these prostaglandins.

Because a typical Western diet (even a healthy diet) is rich in omega-6 and omega-9 (olive oil, canola oil) but poor in omega-3, you will obviously need to balance your EFA intake by consuming more cold fish oil, walnuts and flax oil

that are rich in omega-3. The recommended ratio is 2 times omega-3 than omega-6 and omega-9 combined.

However, there is a limit to how many walnuts, cod liver oil or salmon you can consume (as these can cause calcium deficiency and contain mercury and other heavy metals) to ensure a proper balance.

Taking EFA supplements will ensure your body will have all the raw materials it needs to produce the necessary prostaglandins that will stabilize your hormones.

The only one I recommended, having experienced it myself, is the Total EFA-Vegetarian (liquid) Formula. It is an excellent source of EFA—the magic 3 oils, flax, borage and primrose, are cold processed, organic and kept in a dark bottle unexposed to oxygen, heat or sunlight.

The recommended amount per day: 2-4 tablespoons.

Important: The Total EFA comes in a **gel cap** formula and a **liquid** vegetarian formula. Be sure to buy the **liquid** formula as it is far superior. Also, be sure to keep the bottle refrigerated at all times.

Available at:<http://www.bodybuilding.com>

Cod Liver Oil

The Total EFA supplies your daily needs for essential fatty acids (EFAs) in an ideal ratio of omega-3 and omega-6 from pharmaceutical grade certified organic Flax oil, molecularly distilled Fish oil and Borage Oil. It also contains, 288mg omega-6 GLA per day, omega-3 ALA, EPA and DHA, plus omega-9 fatty acids. Vegetable oils, like flax, primrose, and borage (unlike cod fish oils) only have linolenic acid, and linoleic acid.

The good news is that in a well balanced body, these acids are converted into ARA, ALA, EPA, and DHA.

Omega-3, for example, is converted by the body into eicosopentaenoic acid (EPA) and docosahexaenoic acid (DHA).

As we cannot be sure how well our body can convert these acids (EFAs) into the longer fatty acid chains, it may be necessary to add fish oils (like salmon or cod liver which have the ready-made longer chain EFAs EPA and DHA) in order to get a complete essential fatty acid spectrum.

The very best quality, value (and taste) of cod liver oil is Carlson's lemon flavored cod liver oil.

You can find it here: <http://www.evitamins.com>

Borage Oil

Adding extra borage oil to the Total EFA blend, to ensure proper GLA intake and the production of anti-inflammatory hormones, has yielded tremendously positive results with some individuals especially among women who go through painful PMS symptoms.

You can find Borage Liquid Gold by Health From the Sun's at:
<http://www.vitacost.com/>

B Complex Vitamins

B-1 (thiamin), B-2 (riboflavin), B-3 (niacin), B-5 (pantothenic acid), B-6 (pyridoxine)

These vitamins are mainly responsible for healthy nerves and skin, eyes and metabolizing and digesting food. They are naturally found in bee pollen and royal jelly. <http://www.stakich.com>

The recommended amount per day is 50 mg each (1 capsule of vitamin B complex).

Available at:

<http://www.amazon.com/ComplexB>

Vitamin E

This is one of the most powerful antioxidants available, protecting the body from free radicals and polyunsaturated from becoming oxidized, vitamin E helps repair skin damage and speeds up the healing process.

They are naturally found in avocados, carrots, celery, leek, lettuce, parsnips, Brussels sprouts, cabbage and spinach, whole wheat flour, whole wheat bran, whole grain cereals, oatmeal, soy beans, legumes, raw unadulterated honey, bee pollen, sprouted seeds and sweet potatoes.

The recommended daily amount is at least 400 IU in the form of natural, dry d-alpha tocopherol.

Available at:

<http://www.amazon.com/VitaminE>

Vitamin A

This is needed for healthy teeth, gums, bones, skin, hair and nails. Vitamin A helps your skin to get rid of the extra old skin cells so it will have room for new skin cell growth. Taking it also prevents night blindness, enhances immunity and protects against infections of the kidneys. It is naturally found in eggs, liver and milk.

Its derivative is beta carotene found in vegetables such as carrots, oranges, peaches, tangerines and mangos. Beta-carotene is also found in dark leafy vegetables. The body naturally produces vitamin A from beta carotene. Vitamin A significantly helps in reducing acne.

Unless you know for a fact that your body lacks the ability to transform beta carotene into vitamin A, avoid taking vitamin A as a supplement as it can be toxic on certain levels. Eat lots of rich beta carotene foods instead.

If you do need to take vitamin A, it is available at:

<http://www.amazon.com/VitaminA>

Zinc

Needed for the absorption of vitamin A in the blood, zinc heals wounds, helps form skin collagen, boosts the immune system and helps utilize vitamin E. It is important for the healing process and prevention of acne as it also regulates the skin's oil gland activity. Zinc is also found in legumes, soybeans, whole grains, sunflower seeds and pumpkin seeds.

The recommended amount per day is 50 mg as more can be poisonous.

Available at:

<http://www.amazon.com/Zinc>

Magnesium

This is important as it is a rare mineral, which is why so many people have magnesium deficiencies. Magnesium is excellent for maintaining flexibility of the skin and for skin tone. Magnesium is also a powerful hormone stabilizer and an anti-stress mineral that works with your muscles. Magnesium can be found mainly in spinach. The recommended amount per day is above 800 mg.

Available at:

<http://www.amazon.com/Magnesium>

Selenium

Selenium is a powerful antioxidant that works well if combined with vitamin A and E. Selenium prevents polyunsaturated fats from being oxidized. It is also effective at preventing heart disease, maintaining a healthy liver and is also required for skin elasticity. It is found naturally in tuna, grains and Brazil nuts.

In high doses selenium can become very toxic. The recommended amount per day is 100-200 mcg. Five to six raw, hand-peeled Brazil nuts can supply the recommended daily intake.

Available at: <http://www.amazon.com/Selenium>

Vitamin C

This is a powerful antioxidant that protects the essential fatty acids, helps absorb iron and enhance the vitamin E effect. It also speeds up the healing process. Vitamin C is responsible for the production of collagen, and it neutralizes toxics and reduces stress.

Naturally found in red bell peppers, oranges, lemons, watermelons, kiwi, strawberries, green leafy vegetables, broccoli, parsley.

You can provide yourself with vitamin C simply by eating organic fruit like oranges and strawberries in the morning. Squeezing organic lemon juice and diluting it with water not only provides a high quality of vitamin C, it also cleanses your system when taken on an empty stomach.

The recommended amount per day is 1000 mg.

Lecithin

Lecithin is an excellent nutritional supplement when it comes to fighting acne. Here are some of its benefits:

- Helps the transmission of messages in the brain from one nerve to another
- Helps EFAs absorption (also important for balanced hormones and healthy skin)
- Aids in removing fatty buildup in the liver and helps repair the liver
- Helps in preventing the accumulation of cholesterol in the blood.
- Helps the body absorb vitamin A and vitamin D, which makes it very important for maintaining healthy skin.

You can find lecithin in soybeans, wheat germ, liver, eggs and grains. One of the best sources of lecithin is pure, raw egg yolks “enhanced with omega-3.”

Unfortunately, I am allergic to eggs so I have to take the liquid supplement. The recommended amount per day is 1 tablespoon.

Available at: Lewis Labs

Available at:

<http://www.amazon.com/Lecithin>

MSM (Methyl Sulphonyl Methane)

MSM is an organic sulfur. Sulfur is known to help accelerate the healing process of the body including helping the formation of collagen, which is required to form new cells.

Sulfur also helps the body absorb EFAs and helps the liver in the process of deactivating hormones, which is also crucial for hormonal balancing. Additionally, MSM can significantly help to make red marks fade away.

I recommend that you start with five to ten grams a day for a period of up to one week and then switch back to maintenance doses of one gram per day.

MSM can be found in powder or in capsules. Choose which form better suits your needs.

Note: Known sulfur foods are: Brussels sprouts, cabbage, beans, onions, garlic and hot peppers.

MSM is available at:

<http://www.amazon.com/MSM>

Saw Palmetto

Traditionally used to treat prostatic hyperplasia, saw palmetto is a herb that lowers the androgen hormone levels. Thus is very beneficial in the treatment of acne. I usually take between 200-300 mg a day with food that contains fat.

Note: Saw palmetto is not suitable for women.

There is a fantastic substitute, however, that is specifically manufactured for women and functions exactly as Saw palmetto: It is called **Vitex Fruit** (Chaste Tree Berry) and it contains a very powerful herb called agnus castus.

Take 1-2 capsules a day.

You can find both **Saw palmetto** and **Vitex Fruit** at:

<http://www.amazon.com/SawPalmetto>

<http://www.amazon.com/VitexFruit>

Blood And Skin Rejuvenator

Especially if you have a severe case of acne, this herbal supplement will effectively cleanse and eliminate toxins from your blood and stimulate liver function.

Available at: <http://www.blessedherbs.com>

Coconut Oil

Coconut oil is extremely beneficial for acne-prone skin in many ways. Here are some of them:

- Protects the EFAs from oxidizing if you mix them with it
- Stabilizes blood sugar levels
- Helps improve liver function (crucial for acne sufferers)
- Fights candida and other yeasty blood pollutants and parasites
- Improves digestion

Good advice is to add 3 tablespoons a day to your EFAs.

Extra virgin coconut oil is available at: <http://www.vitaminsandsuch.net>.

Primal Defense

Primal Defense is a whole food probiotic blend that contains 14 strains of plant-based soil organisms. As we already know, probiotics are important because they, among other benefits, help the growth of the friendly bacteria and contribute to a healthy intestinal lining.

When your intestinal lining is populated by healthy, beneficial bacteria, it can fight unwelcome organisms like candida that pollute your blood and deprive your body of essential nutrients.

Our soil has been sterilized with pesticides and herbicides that destroys most bacteria, and agricultural chemicals are responsible for destroying most of the

beneficial bacteria in our bodies. Taking Primal Defense daily is a wise decision as it can effectively help the friendly bacteria to grow.

Primal Defense should be taken daily in addition to prebiotic foods as it contains powerful organisms that help establish the ideal environment for probiotics to flourish.

Start by taking 2 capsules a day.

Available at:

<http://www.amazon.com/PrimalDefense>

Summary Of The NSC Plan

Here is a short summary of the above guidelines for a healthy clear skin diet:

- Your diet should consist of at least 75% raw, living and preferably organic vegetables, sprouts, fruits (providing that you do not suffer from candida overgrowth), nuts and seeds. To simplify, eat only one cooked meal a day. The emphasis should be on high-alkaline, cleansing, hormone-balancing sprouts and vegetables as you can consume practically an unlimited amount: mung and alfalfa sprouts, red peppers, wheatgrass, etc. and green vegetables such as spinach, celery, cucumber, parsley, lettuce, broccoli, cabbage, okra, maca root, herb teas and garlic.
- Juices should be made from fresh low-sugar vegetables, sprouts and wheatgrass rather than from highly sugary fruit. Fruit juices and raw fruit should be consumed only in the morning and should be strictly limited, especially if you suffer from candida infection.
- You should give preference to wild fruit such as blueberries and strawberries above regular high-sugar fruit such as melons.
- The other 25% of your diet should include the more concentrated foods: 1 steamed/cooked meal a day:
 - Steamed or lightly cooked vegetables (I personally avoid stir-frying), asparagus, broccoli, cabbage, artichokes, spinach and Brussels sprouts
 - Red potatoes, lentils, beans, sweet potatoes and yams (should be well cooked but should be limited in consumption).
 - Whole non gluten grains (quinoa, buckwheat, amaranth) should be taken in strict moderation.
 - Brown basmati rice and root vegetables
- Raw organic egg yolks, fish (raw or slightly cooked tuna or salmon) and organic chicken.
- Limit your daily fat consumption to 25% of your total calorie intake.
- Your diet should be free of foods that you are allergic to. You can achieve that by either conducting the elimination diet or the allergy pulse/blood test.
- Avoid acne-aggravating foods that pollute your blood, spike your sugar levels, create mucus and disturb your hormonal balance, especially dairy products, red meat and poisonous oils. Learn to enjoy the wonderful substitutes that nature can offer you.

- Drink plenty of reverse osmosis, filtered or mineral water—at least 12 glasses per day.
- Keep to a fiber-rich diet with proper fat ratio and clean protein consumption—a diet that also includes complex and fiber-rich carbohydrates.
- Take your daily supplements in time (do not forget your EFAs and Primal Defense).
- Follow the proper eating principles for ideal digestion.
- Cultivate the friendly bacteria in the colon, and maintain a candida-free environment.

Chapter 7—Stress Control, Exercising, Sleep Optimization, Sunlight and Fresh Air

Stress and Acne

Recent studies have clearly shown a strong link between stress and acne. Although stress does not directly cause acne breakouts, it may be combined with other factors (such as bad diet, genetic tendencies etc.) to significantly aggravate acne.

Stress over-stimulates the adrenal glands, encouraging them to produce more hormones. The adrenal cortex produces male hormones such as androgens, which are known to over-stimulate the sebaceous gland to produce more sebum (oil), eventually resulting in acne. Under stress the adrenal glands also produce epinephrine (adrenaline) and norepinephrine. This hormone speeds up the metabolism rate and increases the blood glucose level in order to help the body deal with the stressful situation. It also causes greater enlargement of the oil glands, which can contribute to the formation of acne.

In stressful situations the healing ability of the immune system decreases significantly, which results in a much slower healing process as inflammations and wounds including acne do not heal well.

Stress can also worsen the overall skin condition. The skin will appear more inflamed due to the overproduction of cortisol by the adrenal glands, causing it to become extra oily, and that encourages bacterial growth and acne.

In order to keep the adrenal glands functioning properly, you must use all means of controlling stress and avoiding stressful situations.

Stress cannot be totally eliminated as it is part of human nature and modern life, but it can be significantly reduced and monitored by developing mind control and relaxation techniques that will help you deal with those harmful and extreme stressful situations—the byproducts of a modern social environment.

You must understand that stress is only a result of your own perceptions of events and the way you react to these perceptions. Changing our perceptions of things and taming our minds to react differently, thus getting rid of the stressful threat, can control most if not all stress situations.

This chapter offers various techniques proven to be highly effective in reducing stress and developing a positive attitude—important in maintaining a complete and balanced hormonal functioning and achieving healthy skin.

Besides incorporating these stress control guidelines into your daily routine, it is crucial that you learn how to enjoy a quality sleep.

As you will see later on, there is a scientific link between sleep deprivation, insomnia and acne, and I have provided a well-structured sleep optimization plan that will ensure you get to sleep and stay asleep for a sufficient quality of time. This will have great impact on your acne condition as well as preventing future breakouts that might occur due to sleep deprivation.

As for the stress control plan, I encourage you to practice at least one of the following relaxation techniques on a daily basis. Some of these techniques and tips may sound slightly off the wall at first, but trust me, once you practice them with devotion and conviction, you will be completely amazed at how well your acne condition has improved as well as your mental and spiritual well-being.

The Wonders Of Meditation And Correct Breathing

Meditation is the general term for the practice of quieting the mind and opening it to various states of consciousness. The main goal of meditation is to suspend all thoughts in order to achieve a silent state of mind that ultimately leads to the meditative state.

Meditation aims both at achieving higher knowledge as well as a state of utter relaxation and mental hygiene. In a meditative state we reach a powerful conscious state of identifying our immortal soul and our individual self and its relation with the cosmic spirit, also referred to as intuitive enlightenment.

This enlightenment is based on the unity between our individual self and the spirit of the cosmos, where the ego is dissolved and the core of one's existence becomes clear and vivid. In meditation the individual experiences an inner peace of mind and a sense of floating with the course of nature, also referred to as Tao.

The daily practice of meditation can yield great rewards to the body and soul,

- Meditation can protect the individual from stress, which is an integral part of modern existence, and help us deal with the overwhelming changes and challenges of modern life.
- Meditators have reported a significant improvement in their health, self-mastery and tranquility.
- Scientific studies into the effects of meditation have shown a state of relaxed muscles and lowered blood pressure during meditation, resulting in reduced built-up stress and tension.
- Brain waves exhibited slow patterns in meditators' EEG tests in comparison to ordinary states of sleeping or walking.
- The regular practice of meditation relaxes the cardiovascular, musculoskeletal, glandular, digestive and nervous systems.
- Meditation also promotes the healing process and increases strength, energy and vitality.

Some stressful situations can be quite devastating to our health, causing a great deal of disharmony and imbalance in our body. All yoga techniques are aimed at controlling the way we react to stressful situations. Just by practicing the postures and nothing else, you can achieve more relaxation and harmony.

I have experienced great changes through my involvement with meditation. My self-awareness and self-acceptance have increased dramatically. I have become more relaxed and more at peace with my surroundings. I have learned to identify negative emotions resulting from stressful situations and

control the way I react towards them. I have become more attached to myself and developed a powerful positive thinking and attitude towards life.

How To Meditate

There are various meditation traditions, but they all share two basic techniques:

1. Focusing on your breathing
2. Using mantra (which is a word or a phrase repeated in order to enter a meditative state that quiets and elevates the mind).

Note that to actually succeed in meditation, you have to be willing to practice it regularly on a daily basis. Several minutes a day are all you need to achieve dramatic control over your anxiety and relax your body and soul. You will feel stronger, more coordinated, young and healthy. You will develop personal equilibrium and inner peace of mind.

General Guidelines For Meditation

- I have found that the ideal time to meditate is either early in the morning or just before going to bed.
- Find a place with no distractions that is quiet and comfortable. Wear comfortable clothing, and make sure you sit or lie in a comfortable place like your favorite sofa.
- The type of posture you choose is up to you. What is important is that you feel totally relaxed and comfortable. My favorite posture is named the corpse posture, or Savasana, where you lie flat on your back stretching out your legs. Make your feet fall outwards and lie your arms alongside your body. Your palms must be turned up and your fingers curled. I usually place thin cushions behind my neck.

Meditation Through Breathing

Why Breathing?

When the body is in a state of stress, breathing becomes short and rapid, and there is an increase in heartbeat rate. When breathing is incorrect (breathing shallowly with your upper lungs only or breathing rapidly), it causes you to breathe your own carbon dioxide and get less oxygen into your blood stream. The body then enters into a state of stress. When your breathing is rapid, the body assumes you are in a state of suffocation leading to anxiety and even panic attacks.

Correct deep breathing is also essential on a cellular level. The more oxygen you give your cells, the healthier you will become.

You must learn to breath correctly using the optimal breathing exercises. Correct breathing will ensure you get more oxygen into your blood stream, it will calm your mind and help cells remove toxins more effectively. Correct breathing incorporated into daily meditations is a great life changer.

In regards to acne, deep breathing is what makes the lymph system “move,” and when it moves more toxins are expelled properly.

How To Breathe Correctly

Correct breathing is deep breathing. When we are asleep we breathe deeply in a natural way; thus correct breathing must simulate sleep. When you inhale, you must fill your lungs gradually—first the lower part of your lungs, then the middle, and only then should you fill the upper part. The opposite goes when exhaling. You first empty the upper part, then the middle and only then the lower part of your lungs. Breathing must be through your nostrils and not your mouth.

Inhaling

Inhalation must be done in a continuous flow divided into three parts, each smoothly connected to the other.

When you inhale you must first push your stomach forward. Try and concentrate on your stomach first. Then you should let your ribcage extend, and only then should you lift the chest and collarbone up.

Exhaling

Automatically let the collarbone and your ribs expel the air. Then you should push your stomach in slightly to let go of any air left in your lungs.

Breathing Exercises

Nostril Breathing

The following exercises should be conducted several times a day:

1. Close your right nostril with your thumb and breathe out through your left nostril.
2. Slowly inhale through your left nostril to the count of 4.
3. Close both of your nostrils and hold your breath for 16 seconds.
4. Follow the same procedure with your left nostril closed.
5. Close your right nostril and exhale from the left.

Abdominal Breathing

1. Lie down on your back, relax and start breathing in through your nose.
2. Exhale through your mouth.
3. When you inhale try to focus on your breathing, and take the air slowly from your abdomen.
4. Do this exercise for at least 15 minutes.

Meditation Through Imagination

1. Close your eyes and try to become aware of your breathing. You can achieve this by focusing on the sound of your breathing as you inhale and exhale or by listening to your heart rate.
2. Try to concentrate your thoughts strictly on your breathing, but allow your thoughts to come and go at will. Do not fight them. All types of thoughts will go through your mind as you breathe. Remember, these are only thoughts. Do not let them distract you.
3. Make sure you exhale only when your lungs are completely empty.
4. Your breathing will become smooth and quiet. You will notice that you breathe in even rhythms.
5. Try to listen to sounds that are further away than your body. You can try listening to the sound of the wind or trees outside your window.
6. Take it even further and imagine listening to more distant sounds like the ocean. Imagine you are lying on a beach, and try to feel the gentle touch of the sand and breeze on your face.
7. Imagine there is a hole in your back where all the tension drains away, or imagine a gentle stream of water that runs through your body and purifies it. Imagine the water filling every part of your body and then flowing away through your fingers and toes.

Meditation Through Mantra

1. Start the mantra technique with exercising and regulating your breathing.
2. Choose a word or phrase, preferably a meaningless one like "hmmmm...". It is known that meaningless words are less thought-distracting.
3. Close your eyes and breathe naturally for 1 minute before you start repeating your mantra.
4. Become aware of your breathing, and begin to repeat your mantra out loud.
5. Allow your thoughts to come and go at will.
6. Repeat your mantra for 15-20 minutes. In most cases you will enter a state of deep relaxation.
7. When you are finished, slowly and gradually change your posture and return to full awareness.

The Importance Of Laughter

Laughter, besides being a powerful brain, respiratory and hormonal system stimulator, is also very effective at lowering blood pressure, lightening depression and of course it is an excellent stress reducer.

Laughter is the simplest way to feel good and release accumulated tension. Sigmund Freud referred to laughter as a very safe way of releasing anxiety, anger, fear, aggression and tension.

The most important thing in laughter (in regards to acne) is that it significantly decreases stress-related hormones (like cortisol, which also stimulates the oil glands to produce more oil) and brings them back to normal levels.

As the stress hormone levels decrease, the immune system works more efficiently; thus the healing process is accelerated, affecting the healing of acne lesions.

Also, while decreasing the stress hormones, laughter releases hormones like endorphins and neurotransmitters that make us feel good, and prevent us from falling into a state of anxiety. Laughter reduces stress in a way that stimulates the body's natural built-in mechanism aimed at improving your health.

To conclude, laughter is a remarkably effective tool in reducing stress and improving your well-being, resulting in the acceleration of the healing process and hormonal balance that leads to an acne-controlled environment.

No matter how gloomy you may feel, laughter should be "exercised" on a daily basis as it will yield remarkable results. If you think about it, it is not much of a challenge. Go see a funny movie, read funny e-mails, think of crazy situations you were part of, or even fake laughter. It will have the same effect.

Try to laugh out loud at least several times each day (the longer and deeper the better). The results on your skin as well as on your well-being will surprise you.

The Magical Power Of Exercise

As we already know, stress puts your body in a state where tension builds up in the muscles. Aerobic exercise can relieve that tension. Intensive and regular aerobic exercise also increases endorphins and neurotransmitters that naturally help your body to become more relaxed.

Regular exercise incorporated into your lifestyle like aerobic dancing, fast walking, swimming, running, and cycling will keep your stress levels low and help you cope better with stressful situations. Participating in typically competitive sporting activities such as tennis or basketball is not recommended as they also contribute to elevating stress.

Exercise can also help reduce acne and improve skin condition:

- When exercising you experience moderate sweating that cleans the pores from the inside.
- The blood flow to the skin is increased when exercising, thus it provides more oxygen to the skin cells. Also, the immune system is strengthened when exercising. Both of the above can speed up the healing process, fade scars and prevent further acne to appear.
- Exercise improves the functionality of your internal organs, which helps your body remove toxins more effectively and more quickly.
- Exercise rebalances your hormones, which maintains a regular production of sebum and reduces the chances of acne.
- Exercise improves digestion and increases the flexibility of the skin and muscles.
- Most importantly, exercise improves the functioning of all organs including the organs of elimination. This helps the body discharge waste more effectively.

Make a daily habit to walk in the fresh air, ride your bicycle, swim, jog or wrestle.

Here are a few tips to help you get started:

- Consult your doctor to determine what type of exercise is suitable for you.
- Prevent the spreading of bacteria on your skin while exercising by cleansing your face and taking a full shower before exercising, and make sure your skin is dry. For the same reason, make sure your skin is always dry during exercise (by taking a towel with you), and take a good shower immediately after exercising.
- Avoid wearing makeup while exercising to prevent the growth of bacteria.
- Wear only clean, loose and natural clothing (like cotton) to allow your skin to breathe and prevent the aggravation of acne.
- Always wash your clothes and towel after you exercise.
- Purchase good quality athletic gear (shoes, socks, and clothing) according to the type of exercise you intend to participate in.
- Start slowly. Every smart exercise program begins with the first step and builds up gradually. It is highly advisable to incorporate a routine of stretching, a warm-up, and a cool-down. Look at your exercise experience as a journey toward strengthening your muscles and allowing your cardiovascular system to build stamina.
- Diversify as much as possible. Always alternate between exercises that are suitable for you, thus providing your body with a complete workout. Your exercise routine will also become less boring.

- Always make sure you are well hydrated during exercise. Water will keep your fluid levels topped up and will also provide your body with the fuel it needs to benefit from your exercise.
- Join a health club. This will keep you sharp and motivated. You will meet other like-minded people that share the same interests and could also act as exercise partners who will help boost your motivation and inspire you. Partners will also make your exercise experience far more enjoyable.

The Exciting World Of Photography

Photography is an exciting and fascinating world. I am speaking of the emotional and mental experience and not just the technical stuff.

Taking pictures of the world, including your loved ones, wildlife, nature and even still objects can have a profound impact on the ability to distract and divert you from stressful situations.

Taking pictures is a very relaxing, almost meditative action.

The simple action of looking through a lens and “controlling reality” using all sorts of techniques (lighting and filters among them) will give you a whole new perspective of the world and of yourself as well. It will gradually reduce your selfish thoughts and petty conceptions of the world as you start to appreciate the fact that you are part of the world, that you are alive and healthy.

You do not have to study photography to take pictures, but the technical elements and the ability to self-compose a quality shot contribute a lot to the quality of your photos and to the emotional experience.

I urge you to consider studying photography part time, or at least go out twice a week and start shooting pictures of the world. It will provide a wonderful way for you to occupy your conscious mind and to divert it from harmful, stressful thoughts. Just try it. You will never regret it.

Stress Control Through Mind Techniques

The following is a mental stress reduction plan aimed at controlling the way you perceive and react to stressful situations. The plan is divided into powerful steps listed in chronological order from the easiest to implement to the most challenging. Although I do recommend following all the steps in their natural order, by implementing only several of these steps and incorporating them into your life, it can have a great impact on the way you react to stress and on your overall well-being.

Make a list of your stress triggers.

The best way to begin your personal battle with stress is to identify its sources. You must seek and find what triggers your anxiety and stress. You are likely to find that many of these physical, mental and emotional triggers are completely dependent on your point of view, and you must either learn to change your perspective or alter your behavior as you enter a state of stress if you wish to control it.

Many extreme events in our lives can lead to a stressful situation such as a job layoff, relocation to a new environment, a broken marriage, the death of a close friend and so on. However, the daily events of our lives seem to have a greater stress impact than the great tragic ones. A demanding job, a hostile boss, troubles in our marriage, debts, and so on can lead to much greater anxiety and stress.

The practical step that will help you identify those daily troubles that trigger stress would be to make a list of all situations that make you nervous, angry or frustrated. Dig deep down and try to find out why a specific situation makes you stressful. Does it remind you of an unhappy incident in your past? What specifically makes you stressful about that situation?

The goal here is to clearly identify your stress triggers so you can later control and reduce them.

Identify your reactions to stress and observe yourself from the outside.

There are many researchers claiming that stress, when repressed long enough, can contribute to cancer and other chronic diseases. There are various ways in which we express our stress—grinding teeth, overeating,

under-eating, rage, swinging our feet, increased heart rate, waking in the middle of the night, etc.

If you make an effort to reduce your stress triggers, you will also notice how these symptoms suddenly evaporate. Many times we are not capable of realizing we are in fact in a state of stress. It is important to make a list of all your personal-related stress symptoms and identify them once they appear so you will be able to make all the necessary action to reduce stress as you experience it.

However, it is not enough to identify the symptoms of your reaction to stress. In order to make a change, you need to temporarily get out of your skin and observe your thoughts from the outside. I know it is hard, but try to act as a witness reporting the behavior of a man in a scene of "crime." The man in the scene of the crime is your thought at the time of stress. Imagine the man is about to perform a crime, and only you can prevent it. The point is, your thoughts create your reality, and you can choose to let your thoughts (at the time of stress) get out of control and commit a "crime" (getting you into a stressful situation and all its related implications), or you can simply choose to prevent the "crime" by altering or re-designing your thoughts. If you cannot change the circumstances, why not change your point of view. The next time you realize you are in a state of stress (according to the list of symptoms you created earlier), observe your thoughts from the outside and ask yourself, "How can I change them?"

Confront and neutralize your stress.

Anxiety triggers many stressful situations—the fear that we may not be able to accomplish our duties and tasks. To overcome that you must set priorities and plan your tasks ahead of time according to importance, limitations and deadlines.

Strive to accomplish one task at a time; do not try to finish all your assignments at once. Always plan ahead and make sure you set realistic goals as well as realistic deadlines as much as possible.

If you know well ahead that the freeway to your desired location will be bumper to bumper all the way, you can either avoid driving this freeway, choose a more optimal time of day, choose an alternative freeway, choose an alternative location or give up the idea for that day.

If you are consumed by feelings of guilt and remorse because of something you might have done in your past, try to confront that feeling by either facing the source of your guilt (if possible), or if you cannot face the source of guilt, change your perception of the past. Yes, the past can be changed. Alter your past, learn from your mistakes and move on. It is that simple.

The point is to become more flexible, more reasonable and more practical. If you know a situation is potentially stressful, take action to avoid it. This will be enough in most cases to reduce stress. If you cannot avoid it, be creative and try to figure out a way to take a positive approach that will diffuse the tension.

Convert negative "self talk" into positive.

There are many self-talk thoughts that run through your mind at potentially stressful situations. Below is an example:

"Lines drive me crazy. If this line doesn't move in the next 2 minutes, I swear I will do something drastic," or "What? It's 10 p.m. already? I will never finish that essay. What am I gonna do? It has to be turned in tomorrow. I will never make it. I am dead."

You must learn to diffuse these self-talk thoughts by simply replacing the negative thought with a positive thought. Identify those thoughts when they attack, and strive to find at least one aspect within the external stressful situation that can be programmed and converted to a positive. You can always find one.

Incorporate recreation into your life.

To find the right balance between working and playing is almost critical to your mental health and overall well-being. It is also a great way to eliminate various stress triggers that arise from having little or no time to diffuse tension and to

relax. There are many ways you can balance your work with recreational activities that can calm the mind and diffuse stress.

Set up a special time each day for your hobbies. If you do not have one, create one. Spend more time with your family, communicate with them and share your thoughts as well as your fears. Each day invest an hour to fulfill your spiritual needs, whether it is writing, reading, meditating or any other creative activity that is emotionally and spiritually fulfilling.

It is also important to get fully detached from your work and other subjects that may concern you several hours before you go to bed. It will ensure a good night's sleep and a balanced mind.

Do not repress your stress; talk about it.

Make sure you do not keep all your anger inside. This is critical. Repression is a dangerous stress creator and you must learn not to succumb to it. Learn to converse and talk about what is bothering you. When you communicate with others about your thoughts and feelings that lead you to anger and stress, try to be honest and direct. Do it gently and calmly.

Do not be aggressive or hostile. Share your feelings with others about yourself and your relationships with them. It will help you understand many stress-related aspects about yourself. It will also help you drain the tension that may have accumulated between you and the external sources of tension. It will also help you prevent future potential stress situations.

Detach yourself from negative aspects.

Perhaps the most effective approach to external condition changes is developing a detached mind. Many of us have the tendency to have our state of mind and emotions constantly fluctuating and changing from optimal (happiness, contentment, appreciation and satisfaction) to worse (anger, depression, hostility and stress) depending on external changes. By developing a detached mind, you will accept the positive, warmth and great things in life while detaching from the negative aspects by simply allowing it to enter your system and be drained out of it without any effect on your well-being.

There is a great logic in detachment, and it is practical too—once you understand the concept of changing your state of mind or your mental condition in response to negative external changes. Instead of getting angry and stressed because of an external event, strive to alter your point of view. Accept the good things as they come, and alter your perspective on the negative things. Let them flow through you without harm. Remember, a problem is first of all a viewpoint, a perception. Change the perception, and you no longer have a problem.

If a person gets angry with you or expresses selfish behavior, remember that it is not his words that can harm you; **it is your view of his words.** You have the right to change your point of view. Nobody can take that from you. Change it and let negativity evaporate.

Accept things as they are.

Strive to accept things that cannot be changed as things that cannot be changed. This sounds simple yet many of us have a huge tendency to fight windmills or at least get angry and frustrated when we realize there is nothing we can do that will change the way things are. Nobody likes to feel helpless. We all have a control addiction to some degree.

Getting out of that control fixation is probably one the most mentally challenging tasks you will have to face if you wish to conquer fear and stress. It would be wise to stop wasting mental and emotional energy on unalterable things in your life and the lives of others. It is a great way to reduce many stressful situations that may rise simply from that unhealthy attitude.

Sleep Optimization Plan

Sleep is a natural state of rest when we temporarily lose our consciousness of the world. Sleep is also a building process when the body restores its energy supplies that have been depleted through the day's activities. In sleep the body rejuvenates and repairs itself. It rebuilds its muscle tissues and regenerates body cells. Heartbeat and breathing are slower during sleep; the body's temperature lowers, and muscles relax.

Clinically speaking, a tight correlation was found between insomnia (the inability to fall asleep or to remain asleep) and acne. Sleep and skin are strongly related. A good night's sleep can have a powerful positive effect on our skin condition; whereas sleep deprivation (besides causing limited reaction, short attention span, paranoia, memory loss, risk of diabetes and more) can also worsen your skin condition and aggravate acne.

The Link Between Sleep Deprivation, Insomnia And Acne

1. A good night's sleep functions as a mini fast where the body starts the process of nourishing skin cells and eliminating a buildup of toxins and metabolizing free radicals. Having inadequate sleep can slow down the toxic elimination process and lead to more blood toxic buildup that may later be expelled through our skin.
2. Melatonin is a natural hormone our body produces at night that helps support our immune system and healing ability. Inadequate sleep can reduce the production of melatonin, thus decreasing our healing ability. This can result in slower healing of acne spots and lesions.
3. A good night's sleep lessens anxiety and reduces stress as muscles relax, and we feel we have taken "time off" from the turmoil of modern life. Inadequate sleep can have an opposite effect as our muscles feel tense, and we feel our accumulated stress has not been properly diffused. As we already know, stress can significantly aggravate acne.
4. When we get insufficient sleep, our hormone levels increase. That can result in over-stimulation of the sebum glands, which ultimately leads to more acne.

Keep in mind that most of your sleep disorders, if you have them, will magically fade away once you regulate your diet and go through the fasting and detoxification processes that will strengthen and cleanse your system. You will notice that you need fewer hours of sleep, yet you wake up refreshed and more vital than before.

Recommended acne-clear sleep time: 11 p.m.-7 a.m., approximately 8 hours consistently and in full darkness.

My Sleep Optimization Plan

Below is my sleep optimization plan; it takes some practice, but it WORKS!

- Avoid eating heavy meals right before bed. If you really feel hungry, try to satisfy yourself with fruit. Digestion takes a lot of time, so you should stop eating at least four hours before going to bed.
- Avoid activities that can provoke anxiety before going to bed. Make sure you go to bed with a clear mind. Whenever you can, avoid taking your work home with you.
- Make sure your bedroom is as dark, comfortable, warm and quiet as possible. Try to eliminate any noisy objects from your bedroom. Also, unplug any electrical equipment in your room before sleeping.
- Exercise regularly. It will dramatically improve your sleeping cycle. However, you should NOT exercise fewer than three hours before going to bed as it will keep you awake.
- Avoid caffeine, alcohol and other stimulating drinks before going to bed. Alcohol stimulates the production of the hormone noradrenalin, which is a natural stimulant.
- Strive to go to bed as early as you can. Make sure you sleep when you are not totally exhausted. The proven optimal sleeping hours are from 11:00 p.m.- 7:00 a.m.

- Use a dawn simulator instead of an alarm clock (which is by far an unnatural way of waking). Available at: <http://www.serenityhealth.com>
- Quit or minimize your smoking. Smoking elevates blood pressure and increases heart rate, which can damage your sleeping ability.
- Take a cup of chamomile tea before going to bed. Chamomile tea contains a natural sedative and is the perfect drink for dealing with anxiety, stress and sleeping disorders (see notes on chamomile).
- Take a shower, or even better, a bath just before sleeping.
- Expose yourself to the sun (natural light) during each day for 10 minutes (see also sunshine on the daily skin care). It has been proven that the more natural light you are exposed to during the day the better you will sleep during the night.
- Sleep naked to allow your skin to breathe.

Notes on Chamomile

I have found chamomile tea to be simply the best drink you can have to reduce stress, anxiety and help you sleep well. For 400 years it has been used by Europeans to treat insomnia, nervous stomach, back pain and more.

Chamomile tea can be purchased in tea bags. I regularly drink at least 2 cups a day, and it has been like a magic spell. It is a real lifesaver when it comes to controlling stressful situations and sleep problems.

The chamomile flowers contain natural sedatives, which tremendously help in relaxation.

However, due to its effect, is not recommended that you drink more than four cups a day. It is nevertheless a crucial ingredient to have in every home, especially if you suffer from stress, anxiety, sleep deprivation, which can all manifest in acne.

I urge you to go and buy some chamomile tea now if you do not already have it at home.

Sunshine and Fresh Air

If you live in a polluted city, spend most of your time indoors, have no plants at home or live in a northern climate, then chances are that you are not getting adequate amounts of sunlight exposure and fresh air as you should.

Sunlight and the exposure to the sun are essential to our health, as well as to your emotional and mental well being. Similar to diet, proper nutrition, exercise and sleep, a controlled and moderate daily exposure to the sun and to adequate amounts of fresh air are two important foundations of good health.

The exposure to sunlight helps your skin produce vitamin D, helps you lose weight, decreases the risk of cancer, helps your body fight asthma, improves athletic performance, fights gingivitis, repairs your skin (when UV rays penetrate your skin they also kill bacteria and pathogens), and boosts your immune system. Sunlight can also help your body ward off skin conditions such as acne and psoriasis.

Similar to sunlight, breathing fresh air helps cleanse your body and fight harmful acne-causing bacteria and other pathogens that cannot survive in the presence of oxygen. Consequently, breathing polluted air promotes an environment where the acne-causing bacteria and other pathogens can thrive.

Correct breathing is another important foundation of health. Proper breathing can help reduce stress and anxiety, balance the carbon dioxide (CO₂) levels which in turn determines your acid-alkaline levels, and helps cleanse and expel metabolic waste (a crucial factor in the formation of acne).

While the amount of exposure to sunlight and fresh air are mostly out of our control, here are a few tips that will help you increase your exposure to clean oxygen and immune/vitamin boosting sunlight:

- Take short 10-15 minutes daily sun baths, provided that you do not get burned and already have significantly altered your diet.
- If you live in a northern climate or in a cloudy place you can order full-spectrum light boxes. These light bulbs mimic the sunlight and have been shown to have the same beneficial effect as natural sunlight.
- Grow plants in your home. Plants cleanse the air by filtering and oxygenating the air.
- Sleep with your window open as much as possible.
- Get out of the city occasionally.
- Practice deep, slow and rhythmic breathing on a daily basis.

Chapter 8—External Skin Care Secrets— The Hidden Key To Beautiful Clear Skin

Introduction

The acne skin care plan will provide various guidelines, tips and daily techniques essential for keeping your skin bacteria-free, removing dead cells and accelerating the healing process. The plan will also discuss the proper methods of how to eliminate blackheads, nourish the skin naturally and safely, helping it become more vibrant and shiny without the risk of damaging the skin, either using improper techniques or unnatural cosmetic products that do more harm than good.

The acne skin care plan will provide information regarding the most effective natural skin care ingredients and products that are safe, antibacterial, antiseptic, effective cleansers, exfoliators and toxin attractors, thus benefiting acne-prone skin. By no means is the acne skin care plan aimed at curing your acne. It is, however, aimed at treating acne inflammation which may exist during the Acne No More™ System period. It will also help to clear any minor blemishes and spots that you may still have after you have completed the plan.

As you already know, especially in stubborn cases of acne, it takes time to naturally clear and heal acne-prone skin. As you devote yourself to the acne-clear maintenance plan, as well as follow the skin care guidelines in this chapter, your acne will become a distant memory.

Daily skin care routine is important to keep your skin clean from bacteria, remove dead cells and accelerate the healing process. Aggressive cleansing and rubbing can actually have an opposite effect as your skin may become irritated, oily or dehydrated, resulting in acne aggravation. Be gentle with your skin.

Avoid using conventional cosmetic mineral oil or petroleum-based products. Instead, you should use only natural and simple cosmetics like tea tree oil,

aloe vera, herbal botanicals and witch hazel. As with your diet routine, the key for optimal skin care is consistency and moderation.

The acne skin care plan is divided into two protocols—morning and evening. Each of the steps in each protocol contains underlined links that will send you to the relevant listing inside this chapter.

I have added useful information about natural acne treatment products that I personally use on a daily basis, which I warmly recommend.

Daily Skin Care Protocols

Morning protocol

1. As you wake up do the [steaming routine](#).
2. [Cleanse](#) your face thoroughly but gently with tea tree oil soap.
3. Apply a clay mask for treating [blackheads](#).
4. Take a shower and use the [tea tree oil body wash](#) for cleansing.
5. Apply the [secret baking soda mask](#).
6. [Brush your skin](#) while taking a shower (especially if you are on detox).
7. Apply the [apple cider vinegar regimen](#) on inflamed areas and individual spots.
8. Apply [tea tree oil](#) on inflamed areas and individual spots.
9. [Moisturize](#) your skin with aloe vera gel or emu oil moisturizer.
10. Follow the [makeup](#) guidelines (if woman); follow the [shaving](#) guidelines (if man).
11. Take a [sauna](#) if on holiday or on a detox plan.
12. Take a 10-minute [sunbath](#).

Evening Protocol

1. Do the [steaming](#) routine.
2. Wash and [cleanse](#) your face with tea tree oil soap.
3. Apply one of the [facial masks](#).
4. Apply the [apple cider vinegar regimen](#) on inflamed areas and individual spots.
5. Apply an [aspirin paste](#) on inflamed areas and individual spots.
6. [Moisturize](#) your skin with aloe vera gel or emu oil moisturizer.
7. Take an [Epsom Salts bath](#) if on a detox plan.
8. Apply [vitamin E](#) to your face just before bedtime.

Natural Cleansers, Exfoliants And Moisturizers

Aloe Vera

Aloe vera gel is an excellent soother and an antibiotic treatment highly beneficial for acne-prone skin. It has anti-fungal, antibacterial, and antiviral properties. The gel is the internal part of the aloe vera plant. It can heal damaged, broken and red irritated skin. It accelerates the healing process as well as reduces redness and swelling.

The aloe vera juice is also perfect for digestive problems. It can ease heartburn, ulcers, diverticular disorders and other types of digestive upset. When you buy aloe vera, make sure you buy the purest kind containing at least 98% pure aloe vera.

99% aloe vera gel from Lily of the Desert is available at:
<http://www.amazon.com/AloeVeraGel>.

Bentonite

Bentonite, also known as montmorillonite, is a gray medicinal powder from deposits of volcanic ash. The Native Americans call it "ee-wah-kee," meaning "the mud that heals." A good quality bentonite should have a grayish color and a soft texture. Bentonite swells and stretches when combined with water, and it becomes like a porous sponge. Clay contains minerals that are negatively charged while toxins are usually positively charged.

That is the reason why clay has the ability to attract and absorb toxins (heavy metals, free radicals) like a sponge. Used internally as liquid clay, bentonite, which is not digested by the body, can deliver mineral nutrients and cleanse the digestive tracts. Bentonite can be used externally to attract and absorb toxins from the skin pores and wash them away.

Standard bentonite clay called Aztec healing clay is available at:
<http://www.amazon.com/AztecClay>.
Less affordable but higher quality bentonite is available at:
<http://herbalremedies.com/bentoniteclay.html>.

Tea Tree Oil

This pure oil produced from the tea tree is very effective at killing bacteria and almost any type of skin infection penetrating the skin. It reduces redness, eliminates pus and rejuvenates the skin. Besides being antibacterial, it is antiviral and antiseptic. Thus tea tree oil is a powerful external treatment for acne-prone skin as it controls breakouts, whiteheads and almost any skin blemishes.

Pure certified organically produced tea tree oil is available at:
<http://www.amazon.com/TeaTreeOil>.

Important note: Especially for sensitive skin, it is important not to use 100% pure concentration of tea tree oil. The maximum concentration recommended is 20% tea tree oil diluted with jojoba oil.

You can find the diluted mixture here:
<http://www.startthehealing.com/essoils.html>.

Organic Tea Tree Soap

This soap is an excellent cleanser and antiseptic, it is antibacterial and anti-microbial. Its organic nature ensures a high concentration of *Melaleuca alternifolia* (tea tree oil—essence of the tea tree).

The daily use of tea tree skin care soap will cleanse and condition the skin. This is the ideal external treatment to control and heal potentially acne-inflicted skin.

Available at: <http://www.thinknatural.com/products/112548/Faith-in-Nature-Tea-Tree-Soup-100g.htm>

Tea Tree Oil Body Wash

A tea tree oil body wash can be used to cleanse the body as well as the face. It is highly suitable for acne-prone skin as it also contains a high concentration of tea tree oil. It is antiseptic, antibacterial and anti-microbial as well as an

excellent body and facial cleanser for teenagers and adults with oily, troubled or acne- prone skin.

Available at: <http://www.uk.thebodyshop.com/web/tbsuk>

Apple Cider Vinegar

Apple cider vinegar diluted with plenty of water can be very effective if used externally on spots, blemishes and oily skin.

Apple cider vinegar can prevent the acne bacteria from multiplying, help fade away red marks and even scars and help to bring the skin into its normal pH levels.

However, for people with sensitive skin, it can cause an extra burning sensation, rashes and redness. To avoid that, it is recommended to test the apple cider regimen first (see the apple cider vinegar regimen for clear instructions).

Devina's Choice Peel-Off Face

Devina's Choice is a complete cosmetic peeling mask containing tea tree oil, essential oils and vitamin E. This mask is an effective treatment for blackheads as it opens up clogged skin pores. Devina's Choice also cleanses, exfoliates, accelerates the healing process, prevents the formation of comedones with its antibacterial qualities, clears spots, reduces excessive sebum production and eradicates the acne bacteria. When warmed, the rubbery resin forms into a gel and when applied to the skin, the sticky molecules in the gel penetrate into the pores and bond to the dirt and debris that blocks the pores. Once the mask dries, it can be peeled off.

Devina's Choice also acts as a powerful moisturizer as it keeps the skin from dehydration and is suitable for all skin types.

Available at: <http://www.preeventacne.com>

Emu Oil

Emu oil has a well-known history for healing and disease prevention. It is therapeutic oil, 100% natural and safe. Emu oil is highly effective as an anti-inflammatory agent. It is antibacterial, deeply skin-penetrating and an excellent moisturizer.

Using emu oil as an overnight moisturizer will soothe the skin, ensure it is not dehydrated and leave it soft and silky.

Available at: <http://www.ddmwholesale.com/Home.aspx>

Secret Skin Care Treatments Revealed

Skin Cleansing

Daily skin cleansing means supporting the skin as it detoxifies heavy metals and other toxins through the skin pores by using the sweat glands. It is also a way to clean the skin from bacteria, peel off dead cells and revitalize the skin.

You must clean your skin each day, avoiding the use of skin care products with chemicals. These products contain various harsh chemicals that when absorbed into your blood circulation will result in more toxic accumulation. Furthermore, these harsh chemical products will only dry your skin even more as they strip it from its natural oils, stimulating it to produce more oil—resulting in more acne.

Because your skin's natural acidic layer has a pH of 4-6 and almost all soaps have a pH that is greater than 6 (meaning they are more alkaline than your skin), the best advice is NOT to use soap at all or at least minimize its use. Any soap with a higher pH than your skin will over-dry it, and that will stimulate the oil glands to produce more oil, which can manifest in acne.

If you feel you must use soap to cleanse your skin, use it in moderation, and use only natural soaps and shampoos made out of natural oils and of natural origin. It is important to use cleansers that are pH neutral, color-free and perfume-free. Ideal cleansers for acne must also be made for sensitive skin. Using only gentle, natural products for cleansing your skin, you will witness a great improvement on your skin's appearance and condition.

Facial Steam And Cleansing

Steam not only opens the pores but also rejuvenates the skin's layers and starts the cleansing process.

Making your own facial steam is as easy as it is simple.

1. Bring a pot full of water to a boil. Then reduce the heat and simmer about five minutes.
2. Secure the pot with the steaming water on the table (using a trivet or pot holder). You can also put a drain plug in your bathroom sink and fill it with the steaming water.
3. Make a tent over your head with a clean towel and hang your head over the pot or the sink. Make sure you keep your face a safe distance from the water. Keep your face in the steam for 5 minutes.
4. Rinse your face with cool water.
5. Your pores are now open, and your skin is soft. It is time to clean your face. The best product I recommend for skin cleansing is the natural organic tea tree oil soap and body wash. Wet your hands and apply a small amount of tea tree oil soap. Work into a rich lather and massage your face with gentle circular motions. Avoid contact with the eyes.
6. Keep the lather on the face for about one minute.
7. Rinse with lukewarm water.

Bear in mind that steaming dries out your face, which can potentially lead to acne. Therefore, it is crucial that you **ALWAYS** moisturize after steaming.

Natural cosmetics (including cleansers, moisturizers, clay and toners) are available from mountainroseherbs.com.

Skin Brushing

Dry skin brushing helps you to remove dead skin cells and open the pores. It also increases the blood flow to the skin and allows the lymph system to discharge itself from toxins as it speeds up the healing process and rejuvenation of the skin. When you skin brush, you help the body discharge lots of metabolic waste and help it deal with bacteria, resulting in a more resilient, healthy looking skin.

Skin brushing also has other significant benefits such as it strengthens the immune system, increases cell renewal, helps with digestion and tightens the skin.

Dry Skin Brushing Using A Towel

The basic method, but a good one, for skin brushing is using vigorous toweling after a bath. You must towel your skin roughly until it is slightly red. It is advisable to change towels often as they may absorb lots of toxins.

Dry Skin Brushing Using A Brush

Buy a long-handled brush (easy to reach different areas of your body) that is not synthetic. The brush must be made of natural material so it does not scratch your skin. Avoid using it on your face as it may be too harsh for it. The idea is to brush gently, especially over areas that are affected with acne.

Some Important Guidelines

- You should brush your skin at least once per day before showering. Make sure your skin is completely dry.
- Skin brush in the direction of the heart.
- Each part of your body should be brushed vigorously.
- Start with the soles of your feet, move on to your ankles, then your thighs. Go up towards your stomach and buttocks. Lastly, brush your hands and your arms.

- After you have finished brushing, take a warm bath followed by a cool rinse.
- Make sure you wash your brush in water at least once a week and let it dry.

Skin Moisturizing

A moisturizer should be a part of every effective skin care routine. There is a great loss of natural oils due to daily cleansing of the skin, which makes it dry and can lead to acne. A good moisturizer will help you protect your skin from climate changes and exposure to wind and sun.

Moisturizing should be done right after bathing and cleansing because clean skin (with open pores) better absorbs moisture. I recommend using organic aloe vera gel as your daily moisturizing cream. Use it before and after you have been exposed to sunlight. Another good alternative is emu oil moisturizer.

Applying a moisturizer is simple.

- Make sure your skin is clean and dry.
- Apply a finger-size amount to your face (if you are using aloe vera gel) or a single drop (if you are using emu oil moisturizer), and massage gently in a circular motion. Make sure your skin absorbs it all.

Clearing Blemishes And Blackheads

Blemishes are minor spots, inflammations and existing small pimples.

Treating Blemishes And Blackheads

There are plenty of over-the-counter chemical products available at every pharmacy aimed at clearing your skin from blemishes. A good example is benzoyl peroxide that dries the upper layers of your skin (main ingredient in Proactive). Without proper moisture it can block your pores and cause more production of sebum to compensate for the dryness, which may ultimately

lead to more acne breakouts. I personally do not recommend using anything that is not 100% natural on your skin.

I have found the tea tree oil to be the best treatment for external spots. Using an antiseptic cotton bud, apply tea tree oil on inflamed areas and individual spots.

Another good alternative to treat spots is by using **aspirin**.

Each evening just before bed, take four "uncoated" aspirin and crush them into a bowl. Add 1 teaspoon of water and one teaspoon of apple cider vinegar. Stir the paste with your finger and dab this on to individual spots.

Apple cider vinegar diluted with water (1:9) is also very effective when applied to inflamed areas and acne blemishes (see the apple cider vinegar regimen).

I have also found cooled chamomile tea masks to be highly effective to calm irritated skin and soothe inflamed skin.

You can also use the following essential oils to treat spots and blemishes—cedar wood, clove, geranium, grapefruit, juniper, lavender, palma rosa, patchouli, peppermint and tangerine.

Important tip: Avoid picking, popping or otherwise touching your skin. Squeezing spots or whiteheads can lead to infection that may result in scarring.

Note About Blackheads

Blackheads are caused by a deeper internal problem than pores clogged with sebum oil. Toxins accumulated in the blood, cells, lymph, bowel, liver, tissues and other parts of your body are the major triggers. These toxins are being expelled through your skin. The substance that blackheads are made of is actually the expelled toxins combined with the sebum oil. The conclusion is simple. Getting rid of blackheads starts by cleansing your system from toxins, not through external care (e.g., using pore strips, which only removes the edge of the blackhead at best).

However, once you already have blackheads, treatment is vital to prevent partly blocked pores that may lead to acne as well as achieving a more vibrant and smooth looking skin.

The Most Effective External Blackhead Removal Treatment

1. Scrub your skin mildly to exfoliate and expose the blackheads. You can use a few drops of tea tree oil in boiling water to steam your face and open the pores.
2. Apply a healing clay mask to your face.
3. Apply the purest aloe vera gel on your skin. The aloe vera has a soothing effect and will calm the skin as well as act as an antibiotic.
4. Apply a tea tree oil scrub on your skin for antibacterial effect. This remedy will tighten your pores, eliminate most blackheads and speed up the healing process.

Apple Cider Vinegar Regimen

Warning: The apple cider vinegar regimen has helped clear spots for many people with acne-prone skin. However, for some individuals who have sensitive skin, **it is highly recommended to test the regimen first before applying it to your face.**

Simply put a tiny amount of the 1:9 mix beneath your chin, wait for 15 minutes and see how your skin reacts. If you get a rash on that area or some suspicious redness, then skip that part in the protocol. **This regimen is not for you.**

Practical Steps

Pour 1 tablespoon of pure apple cider vinegar with at least 9 tablespoons of water into a bowl. Take a cotton bud and apply to individual spots and inflamed areas.

Note: You should gradually decrease the water amount you put in the mix to 1:5 vinegar-water, but do not go beyond that concentration point. After all, vinegar is an acid that can make your skin burn, especially if you have sensitive skin.

Vitamin E Night Regimen

Just before sleeping, apply the “liquid” found inside vitamin E capsules to your face. You should buy the liquid vitamin E capsules and not the dry ones for this regimen.

To use the liquid inside the capsule, simply cut a tiny opening in the capsule, using a pin or a sharp knife.

You should then rub the liquid all over your face and make sure it absorbs into your skin.

Vitamin E helps ease sunburn inflammation, softens the skin and speeds up the healing process. However, contrary to the myth, vitamin E cannot repair scar tissue, as recent studies have shown.

Note on Vitamin E

The molecular structure of vitamin E is very large, so each individual molecule can clog the pores. That is why I recommend using very small amounts of pure vitamin E each night for people with normal skin. If you have sensitive skin mix vitamin E in a 1:4 oz. ratio with jojoba oil. The tiny molecules of the jojoba will penetrate the skin’s pores, open them up and draw the vitamin E in after it to the deeper portions of the dermis, where it can actually benefit the skin.

Note about Oiliness

I recently spoke to several customers who suffered from 'chronic' oiliness and recommended Pantethine to be taken while decreasing coconut oil and EFA intake. At least two of those customers had reported positive results within several weeks. If you suffer from excessive oiliness, I suggest that you decrease the amount of coconut oil to half a tablespoon a day and take only 1 tablespoon of EFA while taking Pantethine.

Homemade Facials And Masks (For Acne-Prone Skin)

Facial masks are excellent for people suffering from acne, blackheads and flaky, dry skin. With mild daily facial scrubs, these masks made of natural ingredients will remove dead skin cells, open the pores, tighten, moisturize and exfoliate the skin, making it more radiant and shiny.

When choosing the ingredients for your facial mask, make sure you use natural and soft exfoliators like salt, honey, soft grains and oatmeal. Avoid using sugar, almonds and such as they may infect and damage your skin's surface. Natural clay is also great for intensive toxic absorption as it contains the powerful bentonite clay.

Use any of these facial masks once or twice a day.

Sea Salt Mask

Ingredients needed:

2 tablespoons of sea salt

Apply 2 tablespoons of sea salt, and massage your face gently with a wet cloth or your fingers. Avoid the eye area and focus on the cheeks and your T-zone. Leave on for 1 minute then rinse with cold water.

Carrot Facial Mask

Ingredients needed:

2 large cooked carrots

4 tablespoons of pure unheated honey

Mash the cooked carrots and mix them with the honey. Apply on the skin very gently. Wait for about 10 minutes and rinse.

Healing Clay Mask

Ingredients needed:

- 1 tablespoon of apple cider vinegar
- 3 tablespoons of bentonite clay

Mix the clay with the apple cider vinegar, and apply the paste to your face. Let it dry for at least 10 minutes. Rinse off.

This action will absorb and suck all the toxins and oils out of your skin and exfoliate it.

Honey Facial Mask

Ingredients needed:

- Pure unheated honey

Open the pores using a warm water-soaked cloth applied to your face. Apply the honey to your face and leave on for 20 minutes. Rinse with warm water followed by cold water.

Natural Oatmeal Facial Mask

Ingredients needed:

- 1/2 cup of hot water (not boiling)
- 1/3 cup quick oatmeal
- 2 tablespoons of plain yogurt
- 2 tablespoons honey
- 1 egg white from a small egg

Mix the water with oatmeal until the oatmeal is thick. Mix the other ingredients in a blender and add the oatmeal-water mix. Apply a thin layer on your face. Avoid the eye area. Leave on for 15 minutes. Rinse with warm water followed by cold water.

Egg White And Lemon Mask

Ingredients needed:

2 eggs—Using a bowl, use only egg whites, separating the yolk from the white.

2 tablespoons of lemon juice

This mask is excellent after steam cleansing to open your pores. Mix 2 egg whites with 2 tablespoons of freshly squeezed lemon juice and apply the mixture to your face using a cotton bud. Let it dry for at least 15 minutes. Rinse with cold water.

The Secret Baking Soda Regimen

This mask can do wonders to an acne prone skin as it not only exfoliates old skin cells and softens the skin, it also brings your skin back to its natural pH levels.

Ingredients needed:

1 cup baking soda (brings your skin's pH back to balance)

3 tablespoons ordinary table salt (exfoliates)

1 tablespoon baking powder (softens the skin)

Mix all ingredients in a bowl. Take a tablespoon from the mixture and add several drops of water to it but not too many; you should still feel the salt.

Take the mixture in both hands and scrub your face using both hands in gentle circular strokes for about a minute. Then rinse with cool water.

Notes

1. If the mask irritates your skin, add some more water.
2. Use the mask between showers but not during a shower or a bath as it can get irritating.
3. Use the mixture twice a day—morning and evening.

Unique Skin Treatments

Essential Oils

Mix 10 ml jojoba oil (the base) with 5 drops of any essential oil according to your purpose and apply gently to the skin using a cotton bud.

While patchouli oil will improve your texture and make your skin smooth and soft, geranium oil will reduce the oiliness or extra dryness. For red areas use lavender oil.

Epsom Salt Bath

The Epsom Salts (magnesium sulphate—a natural mineral) mixed with your bath water will attract acidic wastes through the skin's pores. You can also take Epsom Salts baths to reduce stress.

Preparing An Epsom Salts Bath

Add as much as 450 g Epsom Salts to a bath filled with water. It is recommended to start with smaller quantities of 150–300 g and gradually add more salts as you get more tolerant to it. Avoid using any soaps as the Epsom salts don't respond well to soaps; they neutralize their effect. Sit in the tub for 15 minutes. Get out of the tub and vigorously rub your skin. It is recommended that you rest for at least 2 hours afterwards.

You should avoid using Epsom Salts baths if you suffer from any heart condition or high blood pressure.

Sauna

Sauna is a highly effective method of eliminating toxic chemicals and heavy metals from your body through sweat. The heating of the tissues accelerates the body's healing process, improves blood circulation and oxygenates the

tissues. Compared to all other external detoxification methods, the sauna is by far the quickest way to expel toxic buildup from the body.

The most efficient type of sauna is the far-infrared sauna, where the body is heated but the surrounding air remains cool. In a far-infrared sauna the warm energy produced is more compatible with the human system, and the heating of tissues goes deeper than regular saunas, thus making the far-infrared sauna a much more effective detoxification and cleansing method.

It is advisable to take saunas at least three times a week in the evenings and take daily saunas when on a detox plan. It is important not to stay longer than 30 minutes a session and drink lots of purified water before and after the sauna. It is also recommended that you practice relaxation techniques while taking the sauna such as meditation or yoga and take long cold baths after the sauna (to help remove toxins), followed by skin brushing. Avoid using any kind of soap as it may clog your pores. If you must, use only natural organic tea tree oil soaps and body wash.

When you have completed your sauna, rest for at least 10 minutes.

Skin Care Tips—General, Men, Women And Hygiene

Hygiene

Basic rule of thumb: Unless you cleanse or do a facial, never ever touch your skin. Never pick, pop, push, poke or squeeze your face. In most cases picking the skin will spread the infection, aggravate your acne and cause permanent scarring.

Always wash your hands after you cleanse, wear clean shirts and make sure you sleep on clean pillows.

Makeup

General Tips

You should always choose oil-free, water-based makeup products so they won't block your skin pores. Never apply makeup when you are sweating. Make sure you remove your makeup thoroughly at night. Also, make sure you wash your entire makeup tools (sponges, brushes) two times a month and let them dry.

Two Ground Rules

When applying makeup to acne-prone skin, there are two important rules to remember:

1. Use clean applicators.
2. Use the applications and moisturizers lightly.

If you reuse your sponge or concealer applicator (putting the concealer back into the bottle after each use), you simply allow the bacteria (by applying the makeup on inflamed skin) to flourish in the bottle or on the sponge. For that reason you should never use the manufacturer's concealer stick. Instead, use a clean cotton swab or a cotton bud to apply the makeup to your face.

If you apply too much makeup or apply it unevenly to your face you will clog your pores and encourage the formation of acne. Always apply small amounts

of moisturizer and makeup to your face. Do it gently, and most importantly, apply it evenly across your entire face.

Shaving

Always shave your facial hair in the direction of the hair growth. Before shaving, use gentle, circular hand strokes and massage your face to stimulate blood circulation. Make sure you use a clean blade (a quality electric shaver is better) and apply lotion to your face with a natural soap to avoid redness and irritation. If you suffer from acne vulgaris like I did, you should preferably reduce your shaving to once a week until there's a significant improvement on your acne condition. When you have completed the program and your face is relatively clear from acne, shaving can be very beneficial as it removes dead skin cells on a daily basis.

Over Exposure to Sunlight and Acne

Over exposure to direct sunlight can damage your skin more than it can help it as the ultraviolet rays produced by the sun can dry your skin, which causes the over-stimulation of the oil glands. That produces more oil—leading to acne. Acne can get worse when you expose yourself intensively to sunlight (due to dehydration of the skin). You also risk getting skin cancer, accelerating the aging process and developing wrinkles.

It is never too late to start taking care of your skin by protecting it from the sun. Getting sunburned will slow the exfoliation process of the skin, due to the formation of a thick layer on the skin's surface, which leads to blocked pores.

All that said, recent researchers have shown that people who maintain a healthy diet, eliminate junk foods and consume the proper EFA balance are less easily damaged by sun exposure. Furthermore, unlike junk food consumers, these individuals have the biological ability to absorb the healthy rays of the sun and get charged with electrical energy from the sun.

Considering the fact that the sun is still an excellent stimulant for the creation of vitamin D (essential for keeping a healthy skin) and increases the oxygen in the skin, it is recommended to take short 10-15 minutes daily sun bath, providing you don't get burned and already have significantly altered your diet.

Note On Sunscreens

Recent studies have shown that traditional sunscreens containing lots of toxic chemicals are partly responsible for the rise of skin cancer in the U.S. Moreover, most sunscreens are unable to block the UVA rays.

If you're out in the sun for more than 15 minutes, the only sunscreen I recommend is UV natural sunscreen. Made in Australia, this sunscreen contains 100% natural ingredients such as beeswax, vitamin E and green tea extract, and it also blocks UVA, UVB, and UVC rays.

Available at: <http://www.theorganichouse.com.au/>

Conclusion

First of all, I would like to congratulate you for going this far. The sad truth is that most people simply don't want to make that leap of faith and walk that extra mile to deal with their acne condition. They ignore one of the most important facts of life: A real change is always the result of willpower, persistence, sacrifice and patience. Most of the so-called cures available on the market today are all different aspects of the same delusional patchwork. Magic is fun as long as it is on stage.

As already mentioned, this book is the result of more than four years of searching, probing, analyzing, experimenting and conversing with dermatologists, naturopaths, holistic healers and, of course, many acne sufferers in various levels of severity. Some of them even had worse acne condition than mine. It was hard but rewarding work, and I loved every minute of it. I still enjoy talking and writing about it.

The results are what you read here in this book, and overwhelming or demanding as the plan may be, it is definitely invaluable and truly works.

You've learned a lot here. You know exactly what causes your acne and the exact measures you need to take in order to eliminate it and make sure your skin stays clear. A clear skin will not only regain your self-esteem, it will hopefully bring you your life back. I've been where you are now. I really have. I've gone through times of agony and despair. It was a long battle, but I have won. I just hope you follow my advice so you can put this horrible infliction behind you as well.

So the best I can say is that I urge you to follow this program (you can cheat here and there, no sweat), take your time, but be persistent, be patient, try to stay loyal to the principles of each plan rather than the overwhelming details, and try to enjoy it. After all, it is practical and incredibly rewarding.

I also deeply recommend you go through the advanced Acne No More™ System as well, even if you have mild to moderate acne. Because although it is aimed at tough cases, it is certainly not harmful in any way, yet it yields the most phenomenal results. Trust me on this.

Also, it is crucial that you stay on the maintenance plan after you have gone through the basic/advanced plan. It will ensure your acne is nothing but a grim part of your history. It will yield dramatic improvement on your well-being and overall health, making it more than worth your while.

The Acne No More™ System is, after all, a simple program. It is not extreme. Instead, if you think about it, our modern western lifestyle and diet habits are. The more you practice the Acne No More™ program, the easier and natural it will become and the more blessed you will be.

Lastly, I just want you to remember that I'm with you on this. You have all my experience, my knowledge and my devotion at your disposal. You are welcome to e-mail me for any question or comment on the program or the book you might have before, during and after you have gone through the plan. I'll be delighted to hear from you. So don't hesitate to give me a shout whenever you feel you need a helping hand.

Best of Health,

Your friend,

Mike Walden

Appendix I—How To Eliminate Scars

Introduction

Unfortunately, when an acne condition is aggressive, as it was in my case, besides emotional scarring, the acne war doesn't end without casualties. After a severe form of acne heals, it leaves broken red veins and scars in different shapes and sizes.

After going a long way to achieve the desired clear skin, the ex-acne sufferer is facing another battle with his self-esteem. It seems that achieving definitive clear skin demands not only eliminating the source of your acne and maintaining the results, it also requires the banishing of acne reminders as well. Many acne sufferers that have cleared their skin from acne using the methods in this book have confessed to me that eliminating scars was important for two reasons:

1. They wanted to have a clear reflective skin or at least a skin with a more acceptable physical appearance, which will slightly resemble the skin they had before they had acne.
2. The second reason, which was no less significant, was the need to banish any reminder of the acne from their faces. For many acne sufferers the acne had a deep emotional effect on their self-esteem, and the acne scars raised many bad memories they wanted to get rid of and clear from their lives.

I had a few deep scars on my left cheek, some minor scars on my forehead as well as on the right side of my nose. So I became very determined to get things done as quickly and as efficiently as possible.

This chapter is the result of a long period of trial and error and research to find an effective natural and cheap method to reduce, if not totally eliminate, scars.

Acne scarring can be superficial, deep, focused on one area or scattered. In most cases it is definitely not esthetically desirable as it may give the skin an inflicted, tired and "old" look.

There are various acne scar treatments available on the market today, and the choice of treatment is dependent on the type and level of scarring. Most of

these methods have the ability to improve the appearance of acne scars rather than completely remove it.

In this chapter I will review most of the methods for removal or elimination of scars available on the market, including the more natural alternatives, which I warmly recommend as they are not only cheap but also safe and very effective.

Types Of Acne Scars

Acne scars are divided into two major types according to their effect on skin tissue.

1. Acne scars in the form of an increased tissue, also called keloid scars. These scars are caused by the buildup of collagen in the skin, and they tend to be genetic.
2. Acne scars in the form of loss of tissue—these are the more common type of scars, which are divided into several types
3. Ice pick scars appear like wounds caused by ice picks. They can be superficial or deep, but they are usually small with steep sides. Hard ice pick scars compared to soft ice pick scars tend to be deeper and wider.
4. Fibrotic scars are large scars with steep edges that appear as chicken pox scars with sharp margins.
5. Atrophic scars are flat scars that have lots of blood vessels underneath, resulting in a bluish or violet color.

Acne Scar Treatments—Factors To Consider

The treatment of scars should always be combined with some sort of skin rejuvenation plan. The ideal skin condition for an effective acne scar treatment is obviously a skin that is free from acne and that scars are relatively fresh.

As discussed earlier, most acne scar treatments will eventually improve the appearance of the scar to make it blend better with the skin's surface. Bear in mind that in most deep acne scar cases, total removal of the scar and restoring the skin to its post acne condition is almost impossible. However, with some of the treatments listed below, improvement can be dramatic, and the skin can lose its "old" inflicted look and gain a more young and vibrant appearance.

The acne scar treatment suitable for you depends on several factors such as your skin type, the type of your scars, how you feel about your scars, how much are you willing to pay, if you are willing to wait for the scars to fade away (depending on the type of scar) or if you are in a hurry to get results right away. It also depends on the way your scars affect your lifestyle and your emotional and mental well-being.

For example, scars that appear on the back and on the chest do not respond well to dermatological surgeries such as chemical peeling. Ice pick scars are not suitable for collagen treatment. You must also consider the possibility that some treatment may result in more scarring, and with some scars a complete restoration of the skin is simply impossible.

The point is simply not to expect miracles, especially when scars are deep. You can, however, aim for getting a more acceptable physical appearance to improve the general texture of your skin.

It is important that before getting into scar treatment, even treatments that do not require surgery, you should consult a dermatologist and ask the right questions and discuss your concerns and expectations.

Types Of Scar Treatments

The acne scar treatments listed below should only be conducted by a professional dermatologist and only after solid consultation has taken place, regarding all factors listed above. I personally have never tried any of these treatments as the more natural alternatives (discussed later) have produced more than satisfying results, without the investment of too much money and without the risk of complications involved.

Conventional Scar Treatments

Chemical Peels

Can be effective for treating small to larger depressed scars and removing blackheads with the exception of ice pick scars and fibrotic scars for which this treatment is not suitable. This treatment can be quite pricey, can lead to mild complications and it is often necessary to repeat the peel to improve the more deeper scars. Note that deep chemical peels may result in total removal of the epidermal layer, resulting in the elimination of skin pigmentation.

Dermabrasion

Dermabrasion reaches deeper layers of the skin than chemical peels and is more suitable for deeper scars. It is also considered to be effective for the removal of ice pick scars when combined with the technique of "punch" excision of scar tissue.

Laser Treatment

This is a very sophisticated treatment where the operator has a high level of control of the amount of energy and tissue penetrating power, which makes it suitable for the treatment of more complex scar tissues.

Soft-Tissue Augmentation

Suitable for loss of tissue scars. In this treatment, collagen is injected under the scar to elevate it to the surface of the surrounding skin.

Steroid Injection

This procedure is suitable for keloid scars where the appearance of scars is improved by injecting steroids directly into the scars. Only a dermatologic surgeon should perform this treatment.

Natural Solutions For Scar Elimination

The treatments discussed below are the alternative treatments I have personally used successfully without the potential surgery complications or the extra cash. These treatments are aimed at helping the skin to heal itself naturally by accelerating the skin remodeling process.

Rosehip Seed Oil/Lavender Essential Oil/Aloe Vera Juice

Applying rosehip seed oil and/or lavender essential oil—high in essential fatty acids—directly to scars can help them fade away faster. It is recommended to apply moisturizer afterwards. You can also drink aloe vera juice, which can help accelerate the healing process of the skin.

Available at: <http://www.mountainroseherbs.com/>

Skin Culture's Peel 4000

Skin Culture's Peel 4000 was proven to be a highly quick and effective treatment for accelerating the skin remodeling process. The treatment has 4 levels of peels, depending on the level of scarring and how much you want your skin to be peeled. They have an excellent customer service, and the price is quite reasonable. I give this product my highest recommendation as it significantly reduced my scarring and improved the general look of my skin.

This is a home treatment pack available at:

<http://www.skinculture.com/>

Microdermabrasion

This is another treatment available at www.skinmedicine.com that also helps the formation of elastin and the production of new collagen. A professional therapist using quick strokes performs this treatment. It significantly improves blemished skin and open pores while also stimulating the blood. At least 10 sessions are recommended for effective results.

Available here: <http://www.skinmedicine.com/microderm.htm>

Rosa Mosqueta Oil

The Rosa Mosqueta oil is an excellent natural product that effectively helps in reducing even "old scars" that were the result of spots and blemishes.

This is rose hip therapeutic oil from Chile, which is rich in essential fatty acids. These fatty acids are known to help the body produce prostaglandins (the hormone stabilizers) and are very beneficial for the overall regeneration and repair process of your skin.

Besides significantly contributing to the texture and freshness of your skin, the Rosa Mosqueta oil will help weaken the appearance of scars and will prevent premature aging of the skin.

The Rosa Mosqueta oil also contains vitamin E and trans-retinoic acid, which are also known to help maintain a smooth and silky skin.

You can use Rosa Mosqueta oil both on your face and body on the skin surface several times a day. Use a few drops to the damaged area using a circular motion. Significant results in reducing appearance of scars can be noticed only after six weeks of daily treatments.

Note: It is recommended not to use Rosa Mosqueta oil on very oily skin or skin with live acne.

Available at: <http://www.aubrey-organics.com/>